

## Choosing Someone to Care for Your Child

Children can experience abuse and neglect at the hands of babysitters and caretakers. When choosing someone to care for your child, whether for an hour or a day, consider the following:

- ◆ Ask for suggestions from people you know, friends, church members, local schools and your coworkers
- ◆ Ask a potential babysitter for references
- ◆ Check the babysitter's knowledge of/experience with children
- ◆ Have the babysitter meet your child and watch how they interact
- ◆ Discuss your family rules with your child and the babysitter, and always leave a phone number where you can be reached
- ◆ Call home to check in with your child
- ◆ Pay close attention to changes in your child's behavior or moods; this may indicate a problem
- ◆ Ask the babysitter to tell you about the time spent with your child
- ◆ Ask your child what they did
- ◆ Compare your child's and the babysitter's version of the events together
- ◆ It's ok to question your babysitter, even if he/she is a friend or family member
- ◆ If something doesn't feel right, listen to your intuition and find a new babysitter

