



A Checklist for Finding and Keeping a Trustworthy Sitter

- Start by asking people you know with children around the same age as your children who they trust and hire.
- Do you belong to a community organization or church? Ask if their volunteers or Sunday school teachers have expressed interest in babysitting.
- Don't forget your child's preschool. Let the director know you are looking for a sitter and to pass the word to her staff.
- Neighbors can be a great resource. If you don't know many of your neighbors, ask a well-connected neighbor to ask around for you (typically this is right up their alley of neighborhood involvement).

Once you find a sitter, what's next?

- Do your research. Check references and the sitter's training and certifications (Babysitting classes attended, CPR certification, First Aid training)
- Is this sitter a right match for you and your children? This is a parent's intuition based on her overall disposition and how she interacts with your children during your first visit. (Evaluate: Maturity, Punctuality, Decision Making, Personality, Responsibility, and Organization)
- Start with a short engagement, a few hours while you are nearby or stay home.
- Communicate your expectations and rules - don't hesitate to leave a list:)
- Give her the tools to do a good job - Clean House, Necessary Supplies Stocked, Food/drinks/bottles/sippy cups ready to go.



If you find that great sitter, keep her! But not just to yourself. Sitterpals.com is a great way to build a network of trusted sitters you hire, and the sitters your close friends trust and hire. Leverage the power of your network of trusted sitters online, so you can Share and Take Care! Search, Book, and Communicate online - forget phone tag, exchanging voicemails, and wasted time!