

BABYSITTER'S SELF-ASSESSMENT TOOL

Answer these questions to discover your skills, abilities, likes and dislikes about babysitting. There are no right or wrong answers. Update the Babysitter's Self-Assessment Tool every 6 months.

Background and Experience

1 The number of babysitting jobs I have had is:

None. 1-3. 4-6. 7-10. More than 10.

2 The most children I have cared for at one time is:

1. 2. 3. 4. 5 or more.

3 The youngest child I have ever cared for is a(n):

Infant (newborn to 12 months). Preschooler (3 to 5 years).
 Toddler (1 to 3 years). School-aged child (5 years and older).

4 The oldest child I have ever cared for is a(n):

Infant (newborn to 12 months). Preschooler (3 to 5 years).
 Toddler (1 to 3 years). School-aged child (5 years and older).

5 The longest babysitting job I ever had lasted:

1 hour. 2-3 hours. 3-5 hours. 5-8 hours.
 More than 8 hours.

6 I have accepted babysitting jobs (check all that apply):

On weekdays. In my neighborhood.
 On weeknights. Outside my neighborhood.
 On weekend days. On weekend nights.
 During vacation times. During the school year.



Special Skills and Abilities

7 My special abilities that make me a great babysitter are (check all that apply):

- Music.
- Patience.
- Like kids.
- Arts and crafts.
- Creativity.
- Sports.
- Problem solving.
- Good student.
- Staying calm in an emergency.
- Storytelling.
- Other: _____.

8 My leadership skills include (check all that apply):

- Making good decisions.
- Communicating well with children.
- Recognizing and respecting differences among children and families.
- Correcting misbehavior appropriately.
- Recognizing and making considerations for the developmental stages of children at different ages.

9 My safety skills include (check all that apply):

- Getting information before the job begins.
- Knowing how to perform infant and child CPR.
- Knowing first aid.
- Recognizing and removing or limiting safety-related problems.
- Supervising children at all times.
- Choosing appropriate play for children at different ages.
- Keeping my Babysitter's Training Safety and First Aid Kit out of the children's reach.
- Being a role model for safety.
- Using the Safety Inspection Checklist, page 91.



10 My basic care skills include (check all that apply):

- Following the family's instructions.
- Washing my hands and helping children wash their hands.
- Diapering children and helping them use the toilet.
- Feeding children with a bottle or a spoon.
- Helping children get rest and sleep.
- Picking up children correctly.
- Holding children correctly.
- Giving appropriate care for children at different ages.

11 My first aid skills include (check all that apply):

- Recognizing and acting promptly in an emergency.
- Giving appropriate care for children at different ages.
- Being certified in American Red Cross Infant & Child CPR and First Aid Basics.

Preferences

12 I prefer to care for (check all that apply):

- One child at a time.
- Several children at a time.
- Infants.
- Toddlers.
- Preschoolers.
- School-aged children.

13 The time of day I can babysit is:

- Mornings. Afternoons.
- Evenings. Nights.

14 I prefer to get rides to and from jobs:

- From my parents.
- From the children's parents or guardians.
- On my own.



15 I absolutely do NOT want to babysit when _____

_____.

Parent Assessment

Instructions

Ask your parents or guardians these questions. Be sure they approve and support your babysitting plans.

16 My parents or guardians will (check all that apply):

Take me to and from jobs.

Be available by phone when I am on the job.

Tell me which jobs they will not allow me to accept.

Tell me their rules for my babysitting jobs.

Work with me to make sure that my Babysitter's Training Safety and First Aid Kit is fully supplied for each babysitting job.

17 My parents or guardians will not allow me to accept these jobs:

18 My parents' or guardians' rules for my babysitting jobs are:

19 My parents or guardians will let me know on _____ (date) if I can babysit.

