

Babysitter's **SELF-ASSESSMENT TOOL**

Answer these questions to discover your skills, abilities, likes and dislikes about babysitting. There is no right or wrong answer. 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)
☐ Toddler (1 and 2 years)
☐ Preschooler (3 and 4 years)
☐ Younger school-age child (5, 6 and 7 years)
☐ Older school-age child (8, 9 and 10 years)
4. The oldest child I have ever cared for is a(n):
☐ Infant (newborn to 12 months)
☐ Toddler (1 and 2 years)
☐ Preschooler (3 and 4 years)
☐ Younger school-age child (5, 6 and 7 years)
☐ Older school-age child (8, 9 and 10 years)
5. My longest babysitting job 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):

- | | |
|---|---|
| <input type="radio"/> On weekdays | <input type="radio"/> In my neighborhood |
| <input type="radio"/> On weeknights | <input type="radio"/> Outside my neighborhood |
| <input type="radio"/> On weekend days | <input type="radio"/> On weekend nights |
| <input type="radio"/> During vacation times | <input type="radio"/> During the school year |

special skills and Abilities

7. My special abilities include (check all that apply):

- | | | |
|---------------------------------------|------------------------------------|--------------------------------------|
| <input type="radio"/> Music | <input type="radio"/> Patience | <input type="radio"/> Like kids |
| <input type="radio"/> Arts and crafts | <input type="radio"/> Creativity | <input type="radio"/> Sports |
| <input type="radio"/> Good student | <input type="radio"/> Storytelling | <input type="radio"/> Sense of humor |
| <input type="radio"/> Other: _____ | | |

8. My leadership and babysitting skills include (rate your ability):

Making good decisions

Very good ☐ Good ☐ Needs work ☐

Problem solving

Very good ☐ Good ☐ Needs work ☐

Staying calm in an emergency

Very good ☐ Good ☐ Needs work ☐

Communicating well with children

Very good ☐ Good ☐ Needs work ☐

Role modeling positive behavior

Very good ☐ Good ☐ Needs work ☐

Recognizing and respecting differences among children and families

Very good ☐ Good ☐ Needs work ☐

Correcting misbehavior appropriately

Very good ☐ Good ☐ Needs work ☐

Recognizing and making considerations for the developmental stages of children at different ages

Very good ☐ Good ☐ Needs work ☐

Assessing babysitting jobs and gathering the necessary information before they begin

Very good ☐ Good ☐ Needs work ☐

Acting professionally at all times

Very good ☐ Good ☐ Needs work ☐

9. My safety and first aid skills include (rate your ability):

Recognizing and removing or limiting safety-related problems

Very good ☐ Good ☐ Needs work ☐

Supervising children at all times

Very good ☐ Good ☐ Needs work ☐

Choosing appropriate toys and activities for children of different ages

Very good ☐ Good ☐ Needs work ☐

Recognizing and acting promptly in an emergency

Very good ☐ Good ☐ Needs work ☐

Giving appropriate care for children of different ages

Very good ☐ Good ☐ Needs work ☐

Check all that apply:

☐ Being certified in American Red Cross CPR—Child and Infant

☐ Being certified in American Red Cross Standard First Aid

10. My basic child care skills include (rate your ability):

Diapering

Very good ☐ Good ☐ Needs work ☐

Feeding children with a bottle or a spoon

Very good ☐ Good ☐ Needs work ☐

Helping children get rest and sleep

Very good ☐ Good ☐ Needs work ☐

Picking up and holding children correctly

Very good ☐ Good ☐ Needs work ☐

Giving appropriate care for children of different ages

Very good ☐ Good ☐ Needs work ☐

Preferences

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

- ☐ One child at a time
- ☐ Infants
- ☐ Toddlers
- ☐ Preschoolers
- ☐ School-age children

12. The time of day I can babysit is:

- ☐ Mornings ☐ Afternoons
- ☐ Evenings ☐ Nights

13. I absolutely do NOT want to babysit when:

Parent Assessment

14. 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 first aid kit is fully supplied for each babysitting job.

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

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