

GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

Safety Rules for Babysitters

Sitters may not be aware of these basic precautions. Give them a copy or post these on the refrigerator:

1. Never leave young children alone in the house or outside by themselves, even just for a minute. If children are under age 4, stay in the same room with them at all times.
2. Never let a young child near water (bathtub, swimming pool, even the toilet) without your supervision. It takes only a few inches of water and a few unsupervised moments for an infant or toddler to drown.
3. Never give any medication to a child without a parent's permission.
4. Never give children under age 4 nuts, popcorn, raw carrots, hard candy, or other small, hard foods that can be choked on. Always cut up hot dogs and grapes into small pieces before giving to young kids.
5. Never let a child play with plastic bags (they could suffocate) or with latex balloons and small toys that could be put into the mouth and choked on.
6. Never let children play on the stairs, near open windows or hot stoves, and around electrical outlets.