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**BABYSITTER TIPS**

**SEPERATION ANXIETY- occurs when a child misses their parents. The worst time may be the few minutes just after the parents leave. A bag of tricks may help, as children are curious! Make the contents appropriate for the age of the child.**

**BABY WON’T STOP CRYING- most cry for a real reason. Tired? Hungry? Does his diaper need to be changed? Is he sick? Is he too warm or cold? Ask the parents beforehand how much the baby cries. IS the baby TEETHING? This is the time (usually 4-6 months) when the first teeth are coming in. The baby chews on everything and drools a lot. Provide a teething ring or wet washcloth. A newborn with COLIC (a digestive problem of an unknown cause) may cry constantly-GOOD LUCK!**

**THE BOTTLE- containing milk, formula or water should not be heated in the microwave, but instead in hot water in the sink. Test the temperature on your wrist. Have the baby almost sitting up to drink. Burp them often, either over your shoulder, across your lap or sitting up.**

**DIAPERS**- **should be changed often, before the baby’s nap, before the parents return home, and whenever needed. Never wake a sleeping baby to check or change them.**

**WHEN HOLDING A NEWBORN-** **support the head and back, as the neck muscles are weak. The “soft spot” on the head must be protected.**

**CHILD KEEPS GETTING OUT OF BED- perhaps give him a special 5 minutes out of bed privilege, or a quiet short story. Provide a drink of water, cracker, or extra hug and then go to his room and sit with him for a bit. Make sure he has his nightlight or special toy or blanket. Perhaps play some soft music.**

**TEMPER TANTRUM-**

**CAUSES: child is angry or hurt, not being allowed to have his own way, being sick, lonely or frightened. Remain calm! Stand by to see that he doesn’t hurt himself or others. Have something fun and exciting and fun to do with him until he calms down.**

**CHILDREN FIGHT-**  **there are bound to be a few arguments and most are quickly forgotten. If it get serious, separate the children by giving them different toys or move them to different areas. Do not get pulled into judging the fight. A “time out” might work. (1 minute per year old)**

**CHILDREN USE BAD LANGUAGE- ignore it, they don’t understand the meaning, or are trying to see a shocked reaction from you.**

**CHILD ACTS VERY SHY- Give him time to get to know you and trust you. Ask him to show you his room, or favorite toy. To get the child to play, begin an activity yourself or take out your “bag of tricks.”**

**FEAR OF THE DARK- Usually a sign of insecurity. If you tease a child who is afraid of the dark, his fear may increase. Reassure him that you are nearby. Read him a story that is relaxing. The child might like a light on.**

**DEVELOPMENTAL STAGES**

TEETHING…..………… 4-6 MONTHS

CRAWL………….. 7-8 MONTHS OLD

WALK…………………….. 12 MONTHS

POTTY TRAINED………… 2-3 YEARS

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