

Memo for Babysitters

The list of babysitters normally comprises young persons from 14 years of age who are willing to take on babysitting jobs on an hourly basis on free afternoons, evenings or weekends. The persons listed have usually taken a course in babysitting at the Swiss Red Cross.

We recommend the following payment for babysitting:

- Daily rates of CHF7.00 / hour (14 - 15 year olds), CHF 8.00 – 10.00 / hour (16 - 18 year olds) plus any travel expenses.
- Evening rates (from 19.00) CHF 25.00 (or CHF 30.00 – 50.00) flat rate.

Check List

Look for a babysitter in good time and invite the person to meet the family before the first occasion. Do not force potential babysitters to accept your offer. For the first babysitting session, choose an activity where you are at home, or can be reached by telephone and can return home quickly in an emergency.

You, as parents, are responsible for making sure that the babysitter gets home safely in the evening or at night.

Leave enough time to discuss all necessary topics with the babysitter before you leave. Do not forget the following important information and agreements:

- The telephone number where you can be reached while away from home.
- Any emergency telephone numbers
 - e.g. doctor/emergency doctor
 - Fire brigade
 - Nearby relations/friends
- Discuss the daily/evening schedule and important habits of the children, such as
 - Eating/drinking habits, when does the child get what?
 - Playtime: Favorite toys
 - Bed times
 - Bed time routine: dummy, blanket, stories....?
 - Explain any special children's words for important things
- What the child needs help with and what it can do by itself
- Explain where important things can be found, e.g.
 - Pajamas, change of clothes, nappies, cleansing items
 - Food, bottles, bottle-warmers, dummies

- Warm clothes, pram
- Discuss what household tasks the older children have and any special points such as
 - Is TV allowed? If yes, how long and which programs?
 - Are friends allowed to visit, are the children allowed to visit friends?
 - Is there any homework to do or are there any other obligations?
- Discuss what the babysitter can do in the house, such as
 - TV, stereo, library, eating, drinking, smoking
 - Making calls, receiving visitors, etc.
- Discuss with the babysitter how to answer incoming calls (not to give any information that they are 'only' the babysitter).
- Indicate the approximate time of return (and keep to this).
- Leave the babysitter a key and some cash for unforeseen events or emergencies.

Discuss any disagreements immediately and openly. Give the babysitter a chance to learn in their own time and be understanding. He/she will make an effort to get on well with your family.

If you are absent a long time, you could ring home and have a chat with the babysitter to make sure that everything is alright.

We would welcome your feedback, whether positive or negative. It would help us to improve our services.