Water Rules for Babysitters

A fill-in sheet to go over with every babysitter, nanny or grandparent: your address for 911, bath rules, hidden water at home, swimming rules and emergencies.

Letter page · For parents, caregivers, teens

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Never leave a young child alone, or with another child, in or near water, even for a moment (AAP).

Address for 911 (apartment and floor): _____

Parent phone numbers: _____

Water at our home (tub, pool, hot tub, pond): _____

Our rules (tick the ones that apply)

- [ ] Bath: towel ready first, one hand on the baby the whole time. Doorbell? Take the baby with you.
- [ ] Children under 6 don't bathe alone, and older siblings never watch younger ones near water.
- [ ] Toilet lids down, bathroom door closed, and doors to the yard or pool locked.
- [ ] Buckets, coolers and wading pools emptied right after use.
- [ ] No swimming while we're out.
- [ ] Swimming is OK at: _____ Stay within arm's reach, phone away. Life jacket (not water wings) for: _____

In an emergency

1. Child missing? Check the water first, then search the rest of the home.
2. Child in trouble in the water? Shout, call 911 (then us), and get them out only if it's safe.

What you can do today: fill this in with your sitter and share water rules for babysitters.

Sources

1. Infant Drowning Prevention & Water Safety, American Academy of Pediatrics (HealthyChildren.org). https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Infant-Water-Safety.aspx
2. Drowning Prevention for Curious Toddlers, American Academy of Pediatrics (HealthyChildren.org). https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Water-Safety-And-Young-Children.aspx
3. Water Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html

Need to talk to someone now? Call or text 988 (988 Suicide & Crisis Lifeline, US). In an emergency, call 911.

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