

Topic: Baby Sitting Righteously

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Babysitting is a big job. It is not something to take lightly when a parent has chosen you to watch their child. They have a lot of trust in you, and it is an honor that you were chosen to babysit.

Why were YOU chosen to babysit?

I. Fruits of the spirit

Galatians 5:22 KJV

²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

²³ Meekness, temperance: against such there is no law.



II. Meek & quiet spirit

1 Peter 3:4 KJV

⁴ But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

III. Trustworthy

A. Are you honest, can someone trust you when unattended? How do you act when it's just you? What kind of integrity do you have?

IV. Reliable

A. If someone needs you to babysit from 3-8pm, are you heading home at 7:30pm? If you get there on time, you are late! Being early is on time.

V. Follow directions

Proverbs 16:24 KJV

²⁴ Pleasant words are as a honeycomb, sweet to the soul, and health to the bones.

- Let's say you wanted to negotiate the time that you babysit, or how you are being paid. You want to address the situation with sweet words.

Psalm 127:3 KJV

³ Lo, children are a heritage of the LORD: and the fruit of the womb is his reward.

- This is how all parents feel about their child, including you. You wanted to be treated with respect, be safe, it should be a good experience overall.

This video will show if you are equipped for a babysitting job.

Video: Babysitter Boss S1E7: Babysitting Bad Behavior Hacks

[<https://www.youtube.com/watch?v=ygmW8Y5lulo>]

Safety & Duties

I. CPR & First Aid

A. Cardiopulmonary Resuscitation (CPR) is a lifesaving event. You want to contact the parent and 911 in the event of an emergency.

II. Preparing food (cooking or cutting foods for the child)

A. Know if the parents want you to cook. Do they already have food prepared for their child? Have this conversation with the parents. Initiating this conversation shows responsibility on your part.



- B. Cut the food so the risk of choking is reduced. Do the children have their own utensils?
- III. Allergies
 - A. Some people are allergic to foods. Make sure you ask the parents if the child has any illnesses or allergies to be aware of.
- IV. Emergency Contact List
 - A. Who are you contacting after you dial 9-1-1?
- V. Diaper Duty
 - A. Check for dirty diapers about every two hours. Find out when the parents usually change their child. This will help your babysitting experience. Children whine and get upset when in a dirty diaper. Diaper rashes can form if a child is left in a dirty pampers for too long. **ALWAYS WASH YOUR HANDS AFTER CHANGING PAMPERS.**
 - B. If you are uncomfortable changing diapers or babysitting infants in general, that is something you want to tell the parents. "I prefer for the child to be potty trained."
 - C. You do not want to be in a situation where you are babysitting an infant, and you do not like babysitting young children. If you cannot handle it, **be honest.** Do not agree to it respectfully. "Maybe another time, but I am honored that you chose me. I am not ready to babysit at this moment."
- VI. Illnesses and medication
 - A. Ask if the child takes any medication that they should be aware of. How often should I administer the medicine? Where is the medication located?
- VII. How long are you babysitting for? **
 - A. It is never okay to be taken advantage of. Ex. It is Sunday night, and you must prepare for school the next day. How long will you be babysitting? Make sure it is okay with your parents, and that you have taken care of your homework and chores before agreeing to babysit.
 - B. If the parents are running late, give them a call after about 15-20 minutes.

Activities

- I. Age-appropriate activities
 - A. What activities do they usually do?



II. Learning activities

- A. Have activities in mind before you arrive at the house where you are babysitting. You can find age-appropriate learning activities on YouTube.

III. Fun activities

- A. Do they play outside? Find out what their favorite toys are, and what they can and cannot do in the house. Bring a babysitting bag to keep the children entertained. Clean up after the children to keep the house spotless.

IV. Scheduled nap time

- A. If there is a scheduled nap time, make sure you do your best to stick to that time. If the child sleeps past bedtime, it may be hard to put the child back to sleep once the parents get home.

Etiquette

I. Stay off the cellphone

- A. How can you pay attention to the child if you are on the phone? If the parents have a camera in the home, and they see you on the phone for hours, they may not invite you to babysit again.
- B. Especially if you are outside at a park for example or even in the backyard, your phone needs to be put away. Your eyes need to be on that child because anything can happen. Kidnapping and child trafficking are real issues.
- C. Ask the parents if you and the child are even allowed to go outside, and how far can you go from the house? How long would you like us to be outside?

II. Do not post pictures on social media of the child or the home

- A. Other people are aware that you and the child are home alone. Your computer system may be hacked, and now other people are accessible to your environment. This poses danger for everyone involved.
- B. It's a privilege that you are asked to babysit. Do not share pictures of their home online.

III. Do not watch inappropriate things on TV

- A. **I Corinthians 15:33 KJV** ³³ Be not deceived: evil communications corrupt good manners.

IV. Do not have any unauthorized visitors



- A. If you see someone approach the house, let the parents know. Do not open the door unless the parents give the okay.
 - B. What if someone breaks in the house while babysitting? Go over safety measures with the parents and write them down before they leave. Where is the safest place in the house for you to go to?
- V. Please clean up behind yourself
- VI. Do not introduce a new way of discipline
- A. Ask the parents what they do, and how they want you to discipline the child if necessary. Or should you keep a record and write down anything that may have happened to relay to the parents when they get home? *This is a question for the older YDOS to ask when babysitting.

Video: Tips and Tricks for Babysitting | Good Babysitter Vs. Bad Babysitter

[\[https://www.youtube.com/watch?v=2yDgHzloljI\]](https://www.youtube.com/watch?v=2yDgHzloljI)

What if there is a fire?

- I. In the event of a fire, know the escape route. Speak to the parents and ask beforehand.
- II. If you are cooking, and there is a grease fire from cooking, do not throw water on the flame.
- III. If you are old enough to put out a small fire, handle it. Other than that, escape and dial 911.
- IV. If you are on fire, Stop. Drop, and Roll.

Babysitting will prepare you for marriage, motherhood, and just being responsible. It is one of the best practices that you can do right now. Learn to love it because it is a life skill.

Hopefully, you all enjoyed today's lesson. Again, feel honored that you are given the opportunity to babysit. See you all next week lord's will. Shalom!