TOOLS FOR SUCCESSFUL BABYSITTING SESSIONS

Trusting a sitter doesn't mean "hoping for the best", a little prep goes a long way! Here's an easy checklist for a smoother experience:

1. Naps / Bedtime
- Instructions: How long they should sleep, where, and any pre or post-sleep steps.
- Prep: Set out pyjamas, prepare the sleeping area, and leave the baby monitor charged and ready.

2. Eating / Milk
- Instructions: When and how much.
- Prep: Prepare bottles or meals, along with any needed cutlery and dishes.

3. Nappy Changes / Toilet
- Instructions: Frequency and any potty training details.
- Prep: Lay out nappies, wipes, or potty supplies and extra clothes.

4. Activities
- Instructions: Suggested activities to do together.
- Prep: Set out toys, books, or any materials they'll need.

Clear, organised prep makes everything easier for you and the sitter!

COMMUNICATION

YOU want to be the driver of this. Set a rule to the babysitter as to when you want to be contacted. Let the babysitter know when to update you:

- Once your child has settled after you leave
- After they've eaten or had milk
- When they're down for a nap or bedtime
- Only immediately in an emergency

The sitter's focus should be on your child / children, not frequent updates, so expect some delay - that means they're doing their job properly.

TRIALLING A BABYSITTER

Here’s an easy way to see if a babysitter’s the right fit (especially if they're family or friends):

Meet & Greet: Have them meet your child while you’re around. This way, you can see how they interact, give a quick tour, and ask any extra questions. If you’re comfortable, step out of the room for 10 - 15 minutes to see how they handle things - don’t stress if your child / children cry; it’s more about how the sitter responds.

Quick Solo Test: If it feels good so far, step out for a short errand (20 minutes to an hour). Share any must-know instructions and how to reach you if needed.

Final Feel: If you’re happy with how it went, wahoo, you’ve got yourself a sitter! If not, think about whether they might just need a bit more guidance, or if it’s just not a match.

Note:Take a few minutes to walk the babysitter through the house and show them how everything works, including appliances, monitor, keys, and anything else they might need to use. These might be second nature to you but new to someone else.

And if you’re feeling extra nervous even though you know your child is safe, come chat with me - I’ve got tips to help ease the worry.