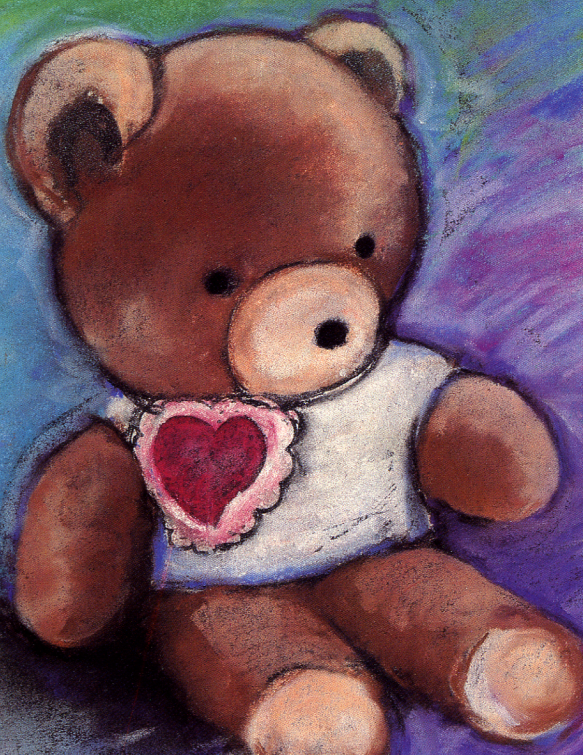


Things Your **BABY- SITTER** Needs To Know



THINGS YOUR BABYSITTER NEEDS TO KNOW

You have tickets to the fabulous play everyone's been talking about or an invitation to a benefit ball sponsored by your favorite charity. You've bought a new dress and lined up a babysitter with excellent references. Still, you're feeling jittery about leaving your child for the evening—and no wonder, accidents kill more children than the five leading diseases combined. Fortunately, many accidents are preventable provided you take some sensible precautions and prepare your sitter with proper instructions before you go out.

Here, Pfizer Inc., a worldwide contributor to better health, provides some practical guidelines to help you recognize some of the accident-prone areas in your home and best prepare your sitter to ensure your child's safety while you're gone:

Introduce Your Child To The Sitter



Make sure your child is comfortable with the sitter and vice versa. You might even want to invite your sitter over for an afternoon to be familiarized with the household. Take every precaution in instructing your sitter for your peace of mind

and the welfare of your child. Here are some helpful hints:

- If you have an infant, explain the baby's anticipated schedule: How long he might sleep, when he eats, how much formula he usually takes, specific bedtime routines, and other details.
- With older children, clearly state the "house rules" in everyone's presence so they're understood. This will help minimize conflicts and attempts to manipulate the sitter. For instance: Whether or not they're allowed to watch TV

after a certain hour, if they can have snacks, what the expected bedtimes are, and so on.

- Discuss with your sitter any health problems your child may have and if the child is on any medication. If your child has a chronic condition, such as asthma or epilepsy, or has allergies, be sure to inform the sitter about the illness, its basic symptoms, and how they are being controlled. Review your child's medication regimen and where the medicine is kept. And, if the sitter has to give your child medication, measure it in advance but keep it out of the child's reach. As an added precaution, leave the name and phone number of your child's physician.

Familiarize Your Sitter With The House

"There's no place like home"—as long as it's safe. And you have the best knowledge of the lay-out of your house. To help your sitter recognize some of the dangers in and around your home, give the sitter a walking tour; go over where things are kept and take the necessary steps to minimize the risk of injury. For instance:

Preparing A Meal

- If the sitter will be cooking, (with your permission):

Advice her to cook on back burners only and keep pot and pan handles turned away from the cooking area, so children can't pull pots off the edge of the stove.

Tell the sitter to set a timer to remind her to turn off the stove or oven. And, it's probably preferable if you request that the dishes *not* be done since you risk taking the sitter's attention away from your child.

Kee a first aid kit handy in the kitchen, explain its contents and what each item is used for. In case of a burn, be sure the kit contains Water-Jel, Pfizer's new emergency burn care dressing that

promptly relieves pain and comes in three convenient sizes: 2" × 6" (for the finger); 4" × 4" (for the hand); and 4" × 14" (for the arm or leg).

- Keep a small, hand-held fire extinguisher in the kitchen and show the sitter how to use it.

Keeping the Bathroom Safe

- If the sitter is to bathe your child, remind her to test the temperature of the water before bathing.
- Instruct the sitter never to leave your child unattended in the bath, even for a short phone call.
- Clearly label all medication, and keep it and other items, such as razors, out of the reach of children. If the containers are "child-proof," make sure the sitter can open them if needed.
- Show the sitter how to unlock the bathroom door from the outside, if possible. Your child may get locked in by mistake.

Putting the Child to Bed

- When putting your child to bed, remind the sitter to plug in the night light so if the child awakes, he won't be disoriented.
- To protect a wandering child, show the sitter how to check to make sure screens or storm windows and doors are securely in place.
- Check to see that space heaters and vaporizers are away from beds and curtains (to prevent fire) and that unused electrical outlets are covered (to prevent shocks).

Blocking Off Other Trouble Areas

- Lock all doors to rooms containing flammable materials or dangerous equipment before the sitter arrives; they can be dangerous play areas. Instruct the sitter that the doors should not be unlocked.
- Be sure to block access to dark basement or attic areas with folding "gates" or barriers to prevent your child from falling down the stairs. Remind the sitter to check that they're secure.

Other Safety Tips

- Explain to the babysitter how to lock windows and doors. Be sure to let your sitter know if anyone can be let into the house while you are gone.
- Review the fire escape route with the sitter. Tell the sitter two ways out of each area in your home, but be sure to instruct her that it's most important to get everyone out.
- Show the sitter which play areas your child may use and which ones are off limits. Encourage the sitter to play with your child and to pick up any toys, games or other objects that could be safety hazards.
- Inform the sitter about the care of any family pets. Make sure the sitter is comfortable with your pets or confine them to one room until you return home.

Leave A Detailed Instruction Sheet With The Sitter



Before you go out, leave a detailed instruction sheet for your sitter with all the particulars—where you'll be and whom to call, in case a medical emergency does occur. Make sure the babysitter knows to **call for emergency medical help immediately**, before calling you. Have the emergency number handy in several places around your home. (In many states, the number to call for an emergency is 911, but be sure to check the appropriate number in your own area.)

To best prepare your sitter, use the detailed instruction sheet on the last page of this brochure to supplement your verbal directions. Be sure to leave it by the phone each time you go out.

Once you've obtained the best possible babysitter and followed these sensible precautions, you can go out and enjoy yourself in a relaxed frame of mind. Knowing your child is being cared for by a responsible and competent sitter whom you've properly prepared and educated, is the key to enjoying your special and well-deserved evening out.

Information For The Babysitter

General:

Family's Name: _____

Address: _____

Children's Names & Ages: _____

Where The Parents Are Going: _____

Address: _____

Phone: _____

To Summon For Help:

Neighbor's Name: _____

Phone: _____

In Case Of An Emergency:

Police: _____

Fire Department: _____

Doctor: _____

Ambulance: _____

Poison Control: _____

Special Information:

Children's Ailments/Allergies, Etc.: _____

Feeding Information: _____

Medications & Instructions: _____

Pet Instructions: _____



WATER-JEL®

This brochure is a service to consumers from Pfizer Inc., manufacturer of the Water-Jel First Aid Emergency Burn Dressing, the only one-step sterile first aid product for use on burns. This publication is not intended to provide medical or burn treatment advice. Persons who need medical or professional burn service should contact a licensed professional.



References on file.