

Your First Job

The Babysitting
Blueprint

babysittingblueprint.com

Everything to do before, during and after — so the first one goes well enough that they call you again.

BEFORE YOU SAY YES

- ☐ **How many kids, and how old exactly?** "Two little ones" could mean a four-year-old or a newborn.
- ☐ **What is the schedule?** Dinner, bath, bed — with times.
- ☐ **Any allergies, medication or conditions?** Ask before you accept, not at the door.
- ☐ **Will they be reachable?** A phone on silent during a movie is fine if you both know.
- ☐ **What time exactly, and what if they are late?** Agree the overtime rate now.
- ☐ **Tell someone at home** where you are going and when you will be back.

THE FIRST TEN MINUTES

- ☐ **Get the emergency sheet** and photograph it.
- ☐ **Say the address out loud.** You will not remember it in a panic.
- ☐ **Walk the house.** Bathroom, kitchen, first-aid kit, pajamas, how the door locks.
- ☐ **Learn one specific thing** from each child — the dinosaur's name, not "what do you like to do".
- ☐ **Keep the goodbye short.** Ask the parents to say it once and go, then start something the child chooses.

BRING THIS

- ☐ Your phone, charged, plus a charger
- ☐ This checklist and a pen
- ☐ Two activities they will not have seen before
- ☐ Your own water and a snack
- ☐ Whatever you need to get home safely

THE ONE THAT MATTERS MOST

Parents decide whether to call you again based almost entirely on what they walk into. Not on how the evening actually went — on the state of the living room and the thirty seconds you spend telling them about it. **Budget fifteen minutes for tidying and thirty seconds for a real handover.** It is the highest-return part of the whole night.

DURING

- ☐ **Two options, both fine with you.** "Pajamas first or teeth first" beats "time for bed".
- ☐ **Say what to do, not what to stop.** "Feet on the floor" lands better than "stop jumping".
- ☐ **Warn before transitions.** Five minutes, then two, then go.
- ☐ **Follow their routine exactly** — the song, the door left open, the order of the toys.
- ☐ **Start the wind-down early.** Screens off thirty minutes before bed.
- ☐ **Child keeps getting up?** Walk them back, almost no words, no eye contact. Boring is the technique.
- ☐ **Phone stays away** — even after bedtime.

IF SOMETHING GOES WRONG

Call 911 first, parents second for: trouble breathing, a serious injury, a fall from height, something swallowed, or a child you cannot wake.

Everything else: handle it, write down the time and what happened, and tell the parents at handover. A scraped knee does not need a phone call. It does need a mention.

THE LAST TEN MINUTES

- ☐ **Reset the house.** Dishes, toys, cushions. Highest-value fifteen minutes of the night.
- ☐ **Give a real handover,** not "they were great". What they ate, when they went down, one nice thing.
- ☐ **Mention the small stuff** before a five-year-old does tomorrow.
- ☐ **Leave the door open.** "I'm usually free Fridays if you need me again."