



# Royal Bahamas Police Force

*Working together for a safe Bahamas*

## Safety When Baby Sitting

Good babysitters must be safety-conscious and must take extra precautions to make sure the children are safe from accidents. Talking on your cell phone should be minimized, because your real attention has to be on the children. If you have to talk on the phone, calls should be short and your attention always on the children for which you are responsible.

Make sure that you know what the parents of the children expect from you and that you are clear on their instructions. If you don't understand something, ask again!

### House Hold Safety

- Keep windows and outside doors locked and do not open them to see who is there.
- Do not offer information over the phone or tell anyone that you are alone.
- Keep the radio or TV volume low, so that you can hear a cry or call from the child when he/she is sleeping.
- Put things away and out of reach of children when preparing food.
- Always know where the emergency exits are located.
- Look for potential hazards in the home such as open stairways, uncovered electrical outlets or sharp objects that are within reach.
- Keep children from playing near glass doors and windows.
- Put up medicine, cleaning products, pesticides, paint, and plants so that they are out of reach of young children. These items can be quite dangerous for young children. If there is an emergency, call 911.

### Child Safety

- Never leave a young child alone while he/she is awake. Check on the child occasionally while they are sleeping.
- Never leave a baby unattended on a changing table, in a high chair, bathtub or walker. Use safety straps whenever they are available.
- Stay awake so you'll hear the children if they need you.
- Children will likely try you out to see how far you will let them go. Be firm in insisting that they play where they will be safe.
- Closets, medicine chests, drawers, and storage locations are not proper places for children to play. Keep scissors or knives out of sight.
- Keep buttons, pins, cigarette stubs, money, small toy pieces, matches, and any other small particles off the floor and out of sight.
- If playing outdoors, know where their parents permit them to play. Watch for traffic and fire hazards, garden sprays, tools and unfriendly animals.
- Don't bathe the children unless specifically asked to do so. If you do bathe the children, do it very carefully and never leave the child unattended. The water in the bathtub should be comfortable to touch, not too hot!
- Cut food into bite size pieces for toddlers and preschoolers.
- Make sure that children remain seated while eating
- Remove plastic bags, beanbags or pillows that could cover a child's face and cut off their breath.

**Police Emergency**  
**911**

**National Crime Prevention Office**  
**302-8430 / 1**

[www.royalbahamaspolice.org](http://www.royalbahamaspolice.org)

*"To make The Bahamas a safer place to live, work, visit and play."*

**Crime Stoppers**  
**328-TIPS (8477)**  
**Family Islands**  
**(242) 300-8476**