



There will likely be people who assist us with caregiving for our child. Those providing care may have unrealistic expectations of children or may lack training and experience in caring for kids. Do not assume caregivers know your expectations, it is your responsibility to communicate them clearly.

## WHAT A CAREGIVER NEEDS TO KNOW

### Coping with Crying

- Show caregiver how to soothe your baby.
- Put baby in a safe place and call right away if baby will not stop crying.
- Discuss what child likes to do and what toys they like.

### Safe Sleep

- Baby should always sleep alone and never with an adult or another child.
- Baby should always sleep on their back in a crib/bassinet/Pack 'n Play and never with soft bedding, blankets, or pillows.

### Water Safety

Always watch child while in the bathtub, swimming pool, bodies of water or other things filled with water, including toilets.

## WHAT CAN YOU DO?

### When Leaving Home

- Leave your phone number and other emergency numbers with caregiver. Let caregiver know it is okay to call you for help. Check-in with caregivers while away.

### When You Get Home

- Ask caregiver what they did while you were away.
- After caregiver leaves, ask child if they liked them.
- Observe child's behavior upon returning home. Does child seem peaceful and happy?
- If you suspect something is wrong or if they have been hurt, get help immediately.

### Diapering/Toileting

- Children have toileting accidents, it is normal and expected.
- Have extra diapers and clean clothes available to change as needed.

### Eating

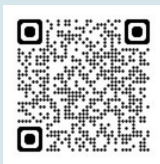
- Discuss feeding routine, including how much they usually eat.
- Food messes are okay and expected. Make sure cleaning supplies are available.

### Discipline

- Never spank, yell, throw things, shake or hit a child.
- Teach children acceptable behaviors.

## LEARN MORE

View the full brochure by scanning below.



### Teach Your Child

- The name of a trusted neighbor to call or go to if they feel like they are in danger.
- How to call "911" in an emergency.
- It is okay to talk to discuss with you problems or concerns they might have with the caregiver.