POISON Help™
1-800-222-1222

In case of poisoning:

- Call the poison control center right away. 1-800-222-1222
- Look for signs to identify the poison: spills, odors, stains, changes in behavior, empty containers. Bring the bottle or container to the phone with you.
- Be aware that some product labels have out dated or incorrect information for how to treat poisonings. Home remedies don't work either.
- Look in the mouth for tablets, powder, discoloration, cuts, burns, or odors. Rinse out and wipe a child's mouth.

A MINI-CHECKLIST for SITTERS

☑ FIND OUT WHEN THE PARENTS WILL RETURN

☑ MAKE SURE YOU KNOW WHERE THEY ARE AND THE PHONE NUMBER

☑ WRITE DOWN THE STREET ADDRESS AND PHONE NUMBER OF WHERE YOU ARE SITTING

☑ INCLUDE THE NUMBER OF A NEIGHBOR ON YOUR PHONE LIST

☑ ASK PARENTS ABOUT TELEVISION, VIDEO GAMES, VIDEOS, BEDTIME, PLAY, AND FOOD RULES FOR THE CHILDREN

SPECIAL TIPS FOR DAYTIME BABYSITTERS

- IF YOU HAVE CHILDREN OUT IN THE BACKYARD, MAKE SURE THE FRONT DOOR IS LOCKED... AND VICE-VERSA
- IF YOU TAKE THE CHILDREN FOR A WALK OR TO THE PARK, LOCK ALL DOORS AND WINDOWS BEFORE YOU LEAVE. BE SURE TO TAKE THE KEYS AND SOME CHANGE WITH YOU. REMEMBER YOUR CELL PHONE.
- NEVER TAKE THE CHILDREN TO A DESERTED PARK OR OUT ALONE AFTER DARK. BE WARY OF FRIENDLY STRANGERS. IF YOU FEEL UNCOMFORTABLE IN A SITUATION, TRUST YOUR INSTINCTS — TAKE THE CHILDREN AND LEAVE
- IF ANYTHING SEEMS UNUSUAL WHEN YOU RETURN TO THE HOME — LIKE A BROKEN WINDOW, A SCREEN RIPPED, A DOOR AJAR — DON'T GO IN. GO TO A NEIGHBOR'S HOME OR PUBLIC PHONE AND CALL THE POLICE.

THIS PUBLICATION IS PROVIDED FREE OF CHARGE BY THE A.P.D. OFFICE OF PUBLIC INFORMATION.

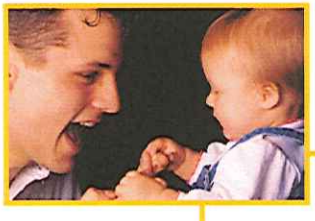
ARDMORE POLICE DEPARTMENT

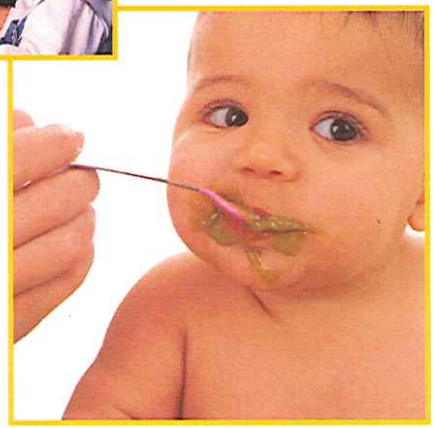
Second Floor
Ardmore City Hall
23 South Washington
Ardmore, Oklahoma 73401

non-emergency 223-1212
Ardmore CrimeStoppers 580-504-4LAW

IN AN EMERGENCY, DIAL 911

Babysitter's Guide to Being Safe





ARDMORE POLICE DEPARTMENT
ARDMORE, OKLAHOMA

Baby-sitting is a great way to earn money, help neighbors, and gain some job experience. But it's also a big responsibility to be in charge of someone else's children in an unfamiliar home, and it can be a bit scary.

Here are some guidelines to help you be a first-rate babysitter.

GETTING THE JOB DONE

- BABY-SIT ONLY FOR PEOPLE YOU KNOW OR WHO HAVE BEEN REFERRED BY A FRIEND. ANSWERING NEWSPAPER OR ONLINE ADS IS NOT AS SAFE AS AGREEING TO SIT FOR A FRIEND OF THE FAMILY.
- WHEN SOMEONE ASKS YOU TO BABY-SIT, FIND OUT WHAT TIME THE PARENTS EXPECT TO BE BACK, TELL THEM HOW MUCH YOU CHARGE AND WHETHER YOU HAVE A CURFEW. DISCUSS HOW YOU'LL GET THERE AND BACK SAFELY.
- LEAVE THE NAME, ADDRESS, AND PHONE NUMBER OF WHERE YOU'LL BE SITTING WITH YOUR PARENTS OR A TRUSTED FRIEND. TELL THEM WHAT TIME YOUR EMPLOYER EXPECTS TO BE HOME.

ON THE JOB

- BEFORE PARENTS LEAVE, HAVE THEM WRITE DOWN THE NAME, ADDRESS, AND PHONE NUMBER OF WHERE THEY WILL BE. YOU SHOULD ALSO KNOW HOW TO CONTACT EMERGENCY SERVICES AND HAVE PHONE NUMBERS FOR THE POISION CONTROL CENTER, A NEIGHBOR OR RELATIVE, AND THE FAMILY DOCTOR. HAVE THE ADDRESS OF WHERE YOU ARE SITTING NEXT TO THE PHONE.
- BE SURE YOU KNOW THE LOCATIONS OF ALL PHONES IN THE HOME IN CASE YOU NEED SOMEONE QUICKLY. IF THERE IS AN EMERGENCY ALARM SYSTEM, LEARN HOW TO USE IT.
- KNOW HOW TO WORK THE WINDOW AND DOOR LOCKS IN THE HOUSE. USE THEM! MAKE SURE THE OUTSIDE LIGHTS ARE ON.
- ASK ABOUT SMOKE ALARMS AND FIRE EXTINGUISHERS. IF YOU ARE IN AN APARTMENT, FIND OUT WHERE THE EMERGENCY EXITS ARE.
- ASK ABOUT THE CHILDRENS' BEDTIMES, FAVORITE TOYS AND STORIES, AND WHAT THEY EAT. CHECK ON FOOD ALLERGIES AND MEDICATION. FIND OUT WHAT YOU ARE ALLOWED TO EAT AND DRINK.
- BE SURE TO CLEAN UP AFTER THE CHILDREN AND AFTER YOURSELF. WASH ALL DISHES, CUPS, AND UTENSILS THAT YOU USE, AND PUT ALL TOYS BACK IN THE PROPER RECEPTACLES.
- A FRIEND SHOULD NOT COME OVER TO KEEP YOU COMPANY UNLESS YOUR EMPLOYER AGREES IN ADVANCE THAT IT'S OKAY.

IN AN EMERGENCY

- IF YOU SUSPECT A FIRE, GET THE CHILDREN AND YOURSELF OUT. GO TO A NEIGHBOR'S PHONE OR USE YOUR CELL PHONE TO CALL THE FIRE DEPARTMENT. THEN CALL YOUR EMPLOYER.
- STAY CALM. CHILDREN PROBABLY WON'T PANIC IF YOU DON'T.

WHEN THE JOB IS DONE

- TELL YOUR EMPLOYER IF ANYTHING UNUSUAL HAPPENED — A STRANGE PHONE CALL, NOISES, A STRANGER AT THE DOOR.
- CALL YOUR PARENTS TO LET THEM KNOW IF YOUR EMPLOYER IS GOING TO BE LATE COMING HOME
- BE SURE YOU ARE ESCORTED HOME. IF YOUR EMPLOYER CANNOT WALK OR DRIVE YOU HOME OR IF HE OR SHE SEEMS INTOXICATED, ASK SOMEONE FROM YOUR FAMILY TO COME FOR YOU. NEVER GO HOME ALONE LATE AT NIGHT FROM A BABYSITTING JOB.
- IF YOUR EMPLOYERS ARE UNRELIABLE — ALWAYS LATE, OFTEN INTOXICATED, ETC. — DON'T SIT FOR THEM ANYMORE.