

## Fussy child tips:

- Never shake the child – shaking a baby can cause bleeding in the brain, which can injure or kill a child. It takes only a few seconds of shaking to seriously hurt a baby’s brain
- Make sure he or she isn’t hungry, wet, cold or hot
- Offer a pacifier to calm and sooth the baby
- Walk around holding the baby close to you, in your arms or in a carrier; try walking or singing
- Call a trusted friend, relative or neighbor who is able to come over and talk and keep you company
- If all else fails, put your baby in the crib. Make sure the child is safe. Check in every five minutes or so. It is much better to let the baby cry than to do something to stop the crying that may be harmful.
- Let your caregiver know about any allergies or medications your child takes. Ask if they are trained to give your child these medications, or are willing to be trained. Ask if they are comfortable giving your child these medications.



**ARIZONA**  
**DEPARTMENT**  
*of CHILD SAFETY*  
Office of Prevention

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# WHO DO YOU TRUST WITH YOUR CHILD?



*Please consider these simple warning signs and tips before deciding on a caregiver for your child.*



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## Who do you trust with your child?

Oftentimes choosing a safe caregiver or babysitter for your child seems simple to do. Most of us choose to trust friends, family, a spouse or partner with our child, because we assume they have our child's safety in mind. Assumption can be dangerous. Some who automatically entrust a child to the care of a babysitter or other caregiver without planning ahead may find out later, the individual was negligent and/or abusive.

Children are more likely to be abused or neglected by someone they know than from a stranger.

Please consider these simple warning signs and tips before deciding on a caregiver for your child. Think before you trust. A little planning could save a precious child.

### Warning signs of an unsafe caregiver:

- Has problems with anger or is severely impatient when children have tantrums, cry or misbehave
- Abuses alcohol or other drugs, including marijuana
- Is not trustworthy for any reason - trust your instincts
- Is already stressed
- Your child is not happy to see the caregiver and has become anxious or withdrawn
- Is not open about what they did during the time with your child
- The child has had multiple accidents that could have been avoided
- Your requests are not followed by the caregiver

#### For tips on choosing a safe caregiver contact:

1-800-4-A-CHILD (1-800-422-4453)

[www.Childhelp.org/MyChild](http://www.Childhelp.org/MyChild)

#### Child Care Resource and Referral

[www.azccrr.com](http://www.azccrr.com)

1-800-308-9000



### A safe caregiver:

- Is patient and mature enough to care for a fussy, overexcited or crying baby
- Understands that young children must always be watched
- Will be only watching your child or a limited number of children so that each child is given adequate attention
- Will never shake, hit, yell at, make fun of, or withhold food from a child as punishment
- Keeps your child clean and safe -accidents are infrequent
- Is recommended to have first aid training
- Talks to you and asks questions, as necessary - your caregiver should be able to tell you everything your child did and discuss any concerns
- Is aware of safe sleep practices -babies can suffocate if they sleep face down so they should always be placed in a crib on his/her back with no blankets, crib bumpers, toys, or pillows that might interfere with breathing. For information on Safe Sleep guidelines, see [www.healthysafebaby.org/sleeping-safely.html](http://www.healthysafebaby.org/sleeping-safely.html)
- Is aware of Shaken Baby Syndrome - <http://healthysafebaby.org/prevent-shaken-baby-syndrome/>

## General safety tips to consider:

- Does he/she get angry or impatient when your child cries or has a tantrum?
- Does he/she call your child bad names or put down the child?
- Does he/she think it's funny to scare your child?
- Does he/she scare your child by using guns, knives, or other weapons?
- If guns or other weapons are in the house, are they stored away safely?
- Have others recommended your caregiver and/or can your caregiver provide references?
- Have you checked your caregiver's criminal history?

### Help your caregiver:

- Provide a contact number to another safe caregiver as a back up for your caregiver in case he/she gets overwhelmed.
- Ensure that he/she has someone else to call for help if the parents are unavailable
- Discuss techniques that have effectively soothed the crying infant in the past
- Encourage the caregiver to put the crying baby down in a safe place if he/she is getting frustrated
- Reassure the caregiver that it's OK to call for help if he/she can't get the infant to stop crying or they are feeling frustrated or stressed
- Make your expectations very clear
- If you are leaving your child with a caregiver in your home, make sure the caregiver has the home address to provide to emergency personnel in case of emergency

#### Suspect child abuse?

Call 1-888-SOS-CHILD (1-888-767-2445)

#### Birth to Five Helpline

877-705-KIDS

#### Post-partum International Helpline

1-800-662-HELP (4357)