

# **Explanatory leaflet for parents and adolescents to the babysitter list**

The babysitter list, which the family club Zollikon hands out to their members, is one of the many services the charitable organization provides. The address list should help bring together parents and babysitters (> 12 years) who wish to babysit for a couple of hours.

Babysitting is a confidential matter, where the chemistry between babysitter, parents and children must be right. Besides the agreed schedule, other personal and individual criteria are important, such as distance to the place of residence of the babysitter, quality of the relationship etc. We therefore recommend that you give the babysitter, the children and yourself the chance to find out whether or not the expectations are met.

Our babysitter list should help parents find the suitable babysitter and babysitters find the right family. The family club Zollikon cannot give a guarantee to either party that they find the right match.

This explanatory leaflet was drawn up to protect children, parents and babysitters. Both parents and babysitters are obliged to respect the given advice and act accordingly.

## **The babysitter's duties**

It is up to the babysitter whether or not she or he wishes to babysit for a family. On the other hand the family club Zollikon cannot guarantee that the babysitter will be employed.

Babysitters take care of the children during the parent absence, they undertake meaningful activities, change nappies, prepare baby food or a snack, warm up the milk bottle or food and monitor the child's sleep. Under no circumstances do they do household chores.

## **Following points parents can expect of their babysitters:**

The babysitter:

- is at least 12 years of age
- has attended a first aid course
- is healthy
- shows understanding for your child/children
- is trustworthy and follows the parents instructions
- adjusts to the family rules
- uses the radio, television, computer etc. only if permitted
- tidies up the objects used during the duration of babysitting for instance nappies, toys, dishes and so on
- doesn't use the telephone for private conversations
- is discreet (for instance doesn't repeat any overheard conversations)
- refrains from smoking in the presence of the children
- is never under the influence of alcohol

## **Following points babysitters can expect of the parents:**

The parents:

- do not expect a babysitter to take care of their sick child/children
- never leave the babysitter alone with more than three children
- expect no more than five hours of babysitting while the children are awake
- inform the babysitter about all relevant matters (spare clothes, medication, meals, good night rituals, qualities and habits of the children etc.)
- hand over important telephone numbers (mobile phone numbers of parents or other carers, paediatrician etc.)
- stick to the agreed time. In the event that a under age babysitter (<18 years) is expected to stay later than 11 p.m. the parents must ask the babysitter's parents for permission
- make sure the babysitter returns home without delay
- provide a snack and something to drink for the babysitter
- don't expect the babysitter to do any other work e.g. household chores
- pay the babysitter immediately upon return

## Insurance

Accident and personal liability insurance is exclusively the matter of parents and babysitters. The family club Zollikon does not incur liability for either parties.

## Compensation

In principle it is up to the parents and the babysitter how much the babysitter is paid by hour. The family club Zollikon does not define a binding pay scale. The exact amount of compensation depends on:

- Age, experience, and education of the babysitter
- Age and number of children to be cared for
- Day, evening, or night care

The Swiss Red Cross (SRC) gives hourly rates for babysitters as a guide, although these should be adjusted according to the age of the babysitter. These are within the following range:

- Babysitter from 12 to 18 years: approx. 12 to 18 CHF per hour

This rate is valid when babysitting two children. For each additional child we recommend a surcharge. Payment is made directly after the assignment.

In case of queries or discrepancies the executives of the committee can be contacted:

Responsible for the babysitter list

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