



# Babysitter's Self-Quiz

Answer these questions to discover your skills, abilities, likes, and dislikes about babysitting. There is no right or wrong answer. Update the Babysitter's Self-Quiz every six months.

## Background and Experience

**1. The number of babysitting jobs I have had is:**

- 0       1-3       4-6       7-10       More than 10

**2. The most children I have cared for at one time is:**

- 1       2       3       4       5 or more

**3. The youngest child I have ever cared for was a:**

- Baby (0 to 12 months old)       Toddler (1 to 3 years old)  
 Preschooler (3 to 5 years old)       School-Aged Child (5 years of age or older)

**4. The oldest child I have ever cared for was a:**

- Baby (0 to 12 months old)       Toddler (1 to 3 years old)  
 Preschooler (3 to 5 years old)       School-Aged Child (5 years of age or older)

**5. My longest babysitting job lasted:**

- 1 hour       2-3 hours       4-5 hours       6-8 hours       More than 8 hours

**6. I have accepted babysitting jobs (check all that apply):**

- In my neighbourhood       Outside my neighbourhood  
 That involved special skills and abilities

## Special Skills and Abilities

### 7. My leadership and babysitting skills include (rate your ability):

Making good decisions

Very good                       Good                       Needs work

Problem solving

Very good                       Good                       Needs work

Staying calm in an emergency

Very good                       Good                       Needs work

Communicating with a child

Very good                       Good                       Needs work

Modelling positive behaviour

Very good                       Good                       Needs work

Recognizing and respecting differences among children and families

Very good                       Good                       Needs work

Correcting misbehaviour appropriately

Very good                       Good                       Needs work

Recognizing and respecting the needs of children at different developmental stages

Very good                       Good                       Needs work

Assessing babysitting jobs and gathering the necessary information before they begin

Very good                       Good                       Needs work

Acting professionally at all times

Very good                       Good                       Needs work

**8. My safety and first aid skills include (rate your ability):**

Recognizing and removing or limiting safety hazards

Very good                       Good                       Needs work

Actively supervising a child at all times

Very good                       Good                       Needs work

Choosing appropriate toys and activities for children of different ages

Very good                       Good                       Needs work

Recognizing and acting promptly in an emergency

Very good                       Good                       Needs work

Giving appropriate first aid care in an emergency

Very good                       Good                       Needs work

Being certified in following first aid training programs (check all that apply):

CPR/AED                       Standard First Aid                       Emergency First Aid

**9. My basic child care skills include (rate your ability):**

Diapering

Very good                       Good                       Needs work

Feeding a child with a bottle or spoon

Very good                       Good                       Needs work

Helping a child get ready for bed and fall asleep

Very good                       Good                       Needs work

Picking up and holding a child correctly

Very good                       Good                       Needs work

## Preferences

### 10. I prefer to care for (check all that apply):

- One child at a time
- Babies
- Toddlers
- Preschoolers
- School-age child

### 11. The times I can babysit are:

- |   |   |
|---|---|
| <input type="checkbox"/> Weekday mornings   | <input type="checkbox"/> Weekend mornings   |
| <input type="checkbox"/> Weekday afternoons | <input type="checkbox"/> Weekend afternoons |
| <input type="checkbox"/> Weekday evenings   | <input type="checkbox"/> Weekend evenings   |
| <input type="checkbox"/> Weekday nights     | <input type="checkbox"/> Weekend nights     |

### 12. I absolutely do NOT want to babysit when:

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## My Parent or Guardian Assessment

### 13. My own parent or guardian will (check all that apply):

- Take me to and from jobs.
- Be available by phone when I am on the job.
- Tell me which jobs I am not allowed to accept.
- Tell me his or her rules for my babysitting jobs.
- Work with me to make sure that my babysitter's first aid kit is fully supplied for each babysitting job.

### 14. My own parent or guardian will not allow me to accept these jobs:

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### 15. My own parent's or guardian's rules for my babysitting jobs are:

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