

# Top 10 Do's and Don'ts

## ∞ DO'S

1. Do call to arrange for a babysitting appointment at least 24 hours in advance.
2. Do call at least 24 hours in advance to cancel or reschedule an appointment.
3. Do fill out the "student parent notebook" and make sure that each student sitter knows where it is located.
4. Do make sure to write down all appointments in your calendar or appointment book.
5. Do be punctual.
6. Do fill out the appointment form online after each appointment.
  - a. Student Sitters—fill out the "student sitter form"
  - b. Student Parents—fill out the "student parent form"
7. Do consolidate medicine and first aid items into one location so that it is easy for student sitters to find.
8. Do make sure to take time to familiarize sitters with your home.
9. Do remember to rate your sitters after every babysitting appointment.
10. Do start using your hours early in the semester because the end of the semester will be here before you know it!

## ∞ DON'TS

1. Don't use this service to engage in any conduct that may be deemed questionable or not permitted according to The University of Alabama's student handbook.
2. Don't invite friends and their children over to utilize your free student sitter.
3. Don't invite friends outside of the program over to a student parent's home during a babysitting appointment.
4. Don't share your free babysitting hours with others (in the program or outside the program).
5. Don't be afraid to ask questions.
6. Don't pay student sitters for their time babysitting as part of the program. Tips are not allowed, as it makes sitters biased to say yes to certain families! (One exception: you can offer to pay for gas if the student drove their own car to your home and you live more than 5 miles from campus.)
7. Don't schedule babysitting appointments to happen in the residence of the student sitter. Appointments should be held at the home of the parent or in a public location.
8. Don't cancel a babysitting appointment within 24hrs of the scheduled time.
9. Don't ignore student parent guidelines for handling medications, bedtime rituals, discipline, etc.