

# WHO DO YOU TRUST WITH YOUR CHILD?

## CHOOSE A SAFE CAREGIVER:

- **TRUST YOUR INSTINCTS!**  
You are your baby's best protector!
- Legal and prescribed medications, even marijuana, can affect how the caregiver will react to your child.
- Choose someone who does not have a short temper or anger issues.
- Select someone who has experience with children.
- Consider someone who has first aid training.

## THINGS TO SHARE WITH YOUR CAREGIVER:

- **NO ONE KNOWS YOUR BABY BETTER THAN YOU DO!**  
Share how your baby likes to be soothed and calmed.
- Make sure they understand a child should not be left alone...**EVER!**
- Be sure they know the ABCs of safe sleep –  
Always put baby **ALONE** on his **BACK** in a **CRIB**.
- Make a list of all emergency contact information.
- Make sure they will **NEVER** shake, toss, hit (these actions can kill a child!), yell, make fun of or withhold food for discipline.
- Be sure they know who to call if they become frustrated.

## WARNING SIGNS:

- Unsafe caregivers can be **ANYONE** – a girlfriend, boyfriend, friend, neighbor or family member.
- Have they have been drinking, using drugs or are they carrying a weapon?
- Do they anger easily or are they physically or verbally abusive?
- Are they inexperienced?
- Do they avoid answering questions about their activities with your child?
- If there are accidents, can they be explained?
- If you see cuts or bruises on your baby, can the caregiver explain how they happened?

**CHILDH  
HELP  
HOTLINE**

**1-800-4-A-CHILD**

**1-800-422-4453**



**For more information visit [NotOneMoreChild.net](http://NotOneMoreChild.net)**

**Sponsored by Army Community Service**