




Hemophilia Babysitter Checklist

Babysitter Checklist: A Parent's Guide to Informing and Empowering Babysitters

This checklist can help you give your child's babysitter the basic information they need to keep your child safe and happy while you are away. **Discuss:**

- **What is hemophilia?** Try to keep to the basics. "The Hemophilia Caregiver's Guide," a guide for coaches, teachers, babysitters, and other caregivers might be helpful for long-term babysitters. (*The About Hemophilia section of www.EmbraceLife.ca also contains information on the basics of hemophilia.*)
 - **What kinds of play are okay?** Caregivers should know that your child is like most other children.
Emphasize:
 - Paying attention to the child in his environment, to be aware of accidents or injuries
 - Choosing safe activities and toys, and non-contact sports
 - Using childcare products properly
 - **How do you recognize a bleed?** Review the basic **physical signs** (such as tingling, a funny feeling, pain, swelling, warmth) and **non-verbal cues** (such as guarding of a body part, crying, and behavior uncharacteristic of the child). Explain signs of bleeding such as bruising, swelling, and redness.
 - **What should the babysitter do in an emergency?**
 1. Review your **instructions** and **contact information**, which should always be kept up to date. Remember: the location of your child's OHIP card, **MedicAlert**[®] identification and emergency care information should be known and easily accessible.
 2. Apply basic **first aid** for bleeds using the **R.I.C.E.** method: **R**est, **I**ce, **C**ompression, **E**levation.
 3. **When in doubt, get help.** It is better to call for help early than to wait until the signs of a bleed become obvious.
 - **Written instruction and contact information.** Parents should fill out important instructions and contact and release information for the babysitter, and go over these with him or her (*See next page*). Remind the babysitter to take this information and the child's OHIP card and emergency care information to the hospital or HTC in an emergency. Your signature on the release will allow any necessary procedures.
-  Also download the **Emergency Care Guide** and **Hemophilia Caregiver's Guide** at www.EmbraceLife.ca, or:
- For more emergency planning, or to get your copy of the Factor First Card, visit the Canadian Hemophilia Society at www.hemophilia.ca or call 1-800-668-2686.
 - For MedicAlert[®] information and ordering, visit www.medicalert.ca/ or call 1-800-668-1507.



Babysitter Instructions & Emergency Contact Phone Numbers

Instructions:

Contact Information:

Where I can be reached: _____ Phone: _____

Who to call if you can't reach me: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

In Case of Emergency:

Our 911 address is: _____

Our closest major intersection is: _____

Our closest neighbour you can contact in an emergency: _____

Phone: _____

My child's doctor's name: _____ Phone: _____

Hemophilia Treatment Centre (HTC) Contact: _____ Phone: _____

Closest Hospital & Directions: _____

Hospital ER Phone Number: _____

Provincial Healthcare Number: _____



Emergency Treatment Release

Child's Name: _____ Birth date: _____

Any licensed physician, dentist or hospital may give necessary emergency medical service to my child,
_____ at the request of the person bearing this consent form.

Signature of Parent or Legal Guardian _____

Date of Release _____

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