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**End Babysitter Abuse**

**By Robert Nelson**

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Not many things are more upsetting than discovering that your child has been abused, in any way, by your babysitter. People think that to be a babysitter means you must be a nice person. WRONG! Some of the nicest people turned out to be Serial Killers, so don't ever give a Babysitter the benefit of the doubt.

You should always ask for references. Check out the references. Make phone calls to see if the reference sounds credible, or is it a friend of the babysitter. Don't laught, it is easy to have a fake reference. It happens, don't let it happen to you.

An Interview is in order before actually hiring anyone for anything. See how your child feels with the new babysitter. Does he or she feel comfortable? Are they talkative? Shy? Afraid? Kids have a good "Gut" level of feeling comfortable or afraid of people. Don't ever "force" a babysitter on your child. A good general conversation will bring out much in a potential babysitter.

Make sure they will not smoke in your house, nor use your phone for personal calls. Also, make it clear that they are not expected to be on their cell phone all night long. They are there to watch your child, not to entertain guests.

Well, what if you suspect that something negative is going on? Does your child freak-out when you talk about having this Babysitter come back? Has your child gone through a Personality Change since being with a certain Babysitter? Has your child 's eating habits changed? Is their a weight change? Any new Bruises that resemble being grabbed and/or squeezed? Nightmares?

Ever hear of a "Nanny Cam"? There has been alot of media coverage lately showing how a Hidden Camera helped expose Abusive Babysitters. This is the best way to catch a person in the act, and have taped evidence to insure a conviction. You can buy either a Wired Hidden Camera, or a Wireless Hidden Camera. Either one will work fine, but it depends on your situation. Some Hidden Camera Items would be expected to have a cord hanging from them, making it easy to place anywhere. This would include items like Hidden Table Clock Cameras, or Hidden Caneras in a VCR, or a Lamp.

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A Wireless Camera can often be placed in a better viewing point because it is wireless. Keep in mind that even a Wireless Camera must have a power supply. This power supply takes the form of either a "battery" or a plug in power adaptor. The thin wire from the power adaptor is easy to conceal, and it will give constant power. A battery usually only lasts about 4–5 hours, and the picture degrades quickly.

The Wireless/Wired Hidden Clock Color Camera offers the best of both worlds. It houses a high resolution lens, and a Transmitter. It can be placed high, and out of the reach of prying eyes. Also, the Wireless Calculator Hidden Color Camera is also an excellent device.

These devices are not expensive, and could save a child's life.

Robert Nelson is a staff writer for Spy Supply Depot, a firm specializing in hard to find high tech self defense & surveillance equipment. You can visit them at: <http://www.spysupplydepot.com>

### **The Top 10 Tips on Hiring a Babysitter**

**By Dr. Clare Albright**

1. Encourage your babysitter by keeping their favorite foods/snacks on hand.

Write a thank you card to your babysitters a couple of times a year. Experienced parents always say, "When you find a good babysitter – keep them happy!"

2. Hire a "mother's helper" to come in to your home to play with your child.

This extra help will enable you to get those unfinished chores done – while knowing that your child is happy. Since you are in the home it is possible to hire a younger, less expensive babysitter.

3. Consider letting a teenage babysitter watch your child in their home instead of in your home.

If an emergency occurs, there is a greater likelihood that the sitter will be able to get assistance from a family member or a next-door neighbor.

4. Learn to express your desires in the form of concrete requests, such as, "Could you put Emily on the potty for two minutes tonight?," if you use the same babysitter regularly.

Many parents develop resentment towards their babysitters and forget that a simple request might remedy the problem.

5. Leave the number for the poison control center by the phone, both upstairs and downstairs.

Show the babysitter where you keep the ipecac syrup in case vomiting needs to be induced.

6. Remind your babysitter that safety is your primary concern while the child is in their care.

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Otherwise, you babysitter's focus may be scattered among their many responsibilities, and safety issues may not get enough attention.

7. Tell you babysitter that your child must be in view at all times.

It may be helpful to remind the babysitter of specific dangers, such as swallowing a popped balloon that the child is trying to blow up, chasing a ball into the street, etc.

8. Instruct babysitters to ignore the phone if the child is in the bath tub.

9. Take seriously any signs that your child has been molested, such as a child demonstrating sexual behavior in their play or a terror of a certain babysitter.

Child molesters come in every age, size, and gender. Young adolescents may have less of a handle

on understanding the intensity of their sexual impulses than adults do, leading a young adolescent to feel tempted to explore their sexuality with your child.

10. Keep an open mind. Cousins, aunts, uncles, and grandparents who babysit have all been known to molest children.

Being a dear relative does not exempt someone from molesting a child.

This piece was written by Dr. Clare Albright, Psychologist and Parenting Coach, author of "100 Tips for Parents of Two Year Olds", which can be downloaded for only \$5.77 at

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