



## Preparing for your new caregiver.

Backup care is designed to be there for you when you need it fast. But it can be hard to know what to expect when you bring someone new into your home.

With Care.com® BackupCare<sup>SM</sup>, you have nothing to worry about. Your assigned caregiver will always call you first to discuss specific details and learn about your children. Here are some tips to help make this match work.

- Discuss house rules, safety and allergies with your caregiver.
- Discuss emergency contact information with your caregiver.
- Offer her advice on what makes your children feel happy, calm and comfortable.
- Discuss what's planned for lunch, and let your caregiver know whether she can have the same meal as your children.
- Explain to your children who their new caregiver is—they'll feel confident if you are.

If you feel that your caregiver provided excellent care for your children, tell her (and us)! Everyone loves to feel appreciated.

### Experts suggest

- The more cheerful and confident you are about leaving for the day, the easier it will be for everyone. The best goodbye routine is to wait until you're ready to go, kiss your child and say goodbye. When you are outside, give a wave. If you prolong the goodbye or seem nervous, chances are your child will feel the same.
- When you get home, the "rushed re-entry" can be alarming to children. They most likely want to tell you about their day. So try not to walk in and immediately start your evening routine. Try scheduling a good half hour to calmly regroup with your children.

Call: 855.781.1303  
Visit: [iu.care.com](http://iu.care.com)



**BackupCare**<sup>™</sup>  
Child and Adult Services