

Digital Babysitting Rules

For Our House

Cell Phone: Please limit cell phone use to emergencies-only while children are awake; accidents can happen during momentary distractions. You are more than welcome to use your phone once the children are in bed and asleep.

Photos & Videos: We love when our sitters send us photos of our children while we're gone! However, please do not post or tag photos or videos of our children on social media without our permission, for safety reasons.

Social Media: We use social media too, but please do not use social media while the children are around. Also, please do not announce that you are babysitting on social media, and please turn off your location services if you post to social media while you are here. We want to keep everyone safe while we're gone.

Internet: You are welcome to use _____ device(s) while you're here, our Wi-Fi password is _____.

Screen Time: Please limit _____'s screen time to _____ minutes. This includes TV, tablet, computer, cell phone, gaming system. Please monitor screen time to ensure that the digital media consumed is family-oriented content (no sex, violence or graphic language).

Facetime/Skype: Please do not make or take video calls while in our home, we'd rather not have the inside of our home on display, nor do we want our children exposed to strangers.

Our phone #: _____

Emergency phone #: _____

