



# Super Sitters

## A Way to Find Care for Your Child or Youth with Special Needs

WHATCOM  
takingaction  
for Children and Youth with Special  
Health Care Needs (CYSHCN)

### Super Sitters are:

Child-sitters, ages 13 and older, who have had specialized training to sit for children who have delays, disabilities or health care needs. The Super Sitter training includes Infant and Child CPR, Babysitting 101 skills, and information on topics such as Communication, Sensory Processing, and Inclusion.

Super Sitter training is offered annually by Parent to Parent of Whatcom County to youth ages 13 and older.

### To find a Super Sitter:

Parents or Guardians can contact Parent to Parent (P2P) at (360) 715-0170 ext. 302 or email [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org) and ask for a referral for Super Sitters.

P2P staff will talk with you about your child's needs to help them match your family to several Super Sitters who may fit your family's situation.

We suggest you tell P2P staff things like:

- Type of care you want (For example, "parent's helper" with parent present, or child-sitting while parent is not present)
- Schedule of care (If you need child-sitting during the day, keep in mind that many Super Sitters are in school.)
- Your child's age, interests, and special needs.
- Where you live (The Super Sitter list is organized by cities in Whatcom County.)
- Traits and/or skills you'd like the Super Sitter to have (Examples: Lots of patience? Love of outdoor activities? Driver's license?)

When you have Super Sitters' names and phone numbers, you might want to call each sitter and set up a visit, or talk with them on the phone. Things to talk about may include:

- Their past experience
- We strongly encourage parents to talk with the Super Sitter about rate of pay before hiring. There is no standard rate. Parents can pay hourly or pay a set amount for the time needed. Pay rates vary depending on experience, age, and if a Super Sitter uses their own transportation to a family's home.

### Super Sitters are *not*:

Professional licensed care givers who can give medications or care for children who have frequent uncontrolled seizures or behaviors. Super Sitters do not have background checks.



*"Hiring a Super Sitter who could handle our son's special needs seemed scary at first, but now that we've had such great experiences with Super Sitters, I just wish we had called Parent to Parent sooner!"*

*Erin King-Luce,  
Parent*