

Caregiver Resources

For Babysitters and Childcare Providers

It's important that your child's caregivers know how to contact you, who to contact if they cannot reach you, and how to contact emergency services including what to say to the operator.

- You may have a babysitter or other childcare provider that helps you take care of your child.
- You can help your childcare providers learn what they need to know about taking care of a baby or young child with sickle cell disease.
- Make sure your childcare providers know how to take your child's temperature and know how to tell if your child is getting sick.
- Also, make sure they know how to contact you and what to do if your child has a fever.

What does my childcare provider or babysitter need to know?

Ensure that your childcare providers and babysitters know your child has sickle cell disease which is a condition that affects red blood cells and causes anemia. Make sure your child's care providers know the following:

- **Call parents/guardian immediately if you observe any of the following symptoms.** These are all times that a child with sickle cell needs to **see a doctor right away:**
 - **Fever of 101° F or higher (NEVER IGNORE THIS)**
 - Severe headache or dizziness
 - Severe pain or swelling of the belly
 - Rapid breathing, coughing with chest pain
 - Very pale skin, palms, or inner eye lids
 - Cannot move hands, arms, or legs
 - Limps without pain
 - Cannot wake up
 - Slurred speech or drooling
- **If you cannot reach parents/guardian, you should call 911.**
 - Make sure to tell the operator that the child has sickle cell disease.

Below is a list of things that **you should call parents/guardians about right away** so they can contact the child's sickle cell provider:

- Vomits or has diarrhea
- Keeps coughing
- Has pain
- Is not acting like they normally do
 - Refuses to take penicillin
 - Is less active than normal
 - Refuses to eat or drink

What else should my child's caregiver(s) know?

- A child with sickle cell needs to:
 - Drink plenty of fluids, have healthy meals and snacks
 - Get plenty of rest
 - Avoid temperature extremes (too hot, too cold, too humid)
 - Dress in warm clothes during cold temperatures

Ensure that your child's caregiver knows how to contact you and your child's doctor in case of an emergency. Make sure they know who to call if they cannot reach you.

The Comprehensive Sickle Cell Program

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