



(MISSING OUT?)

You'd love to be at your child's school for every field trip, performance or baseball game. But sometimes you're stuck behind a speaker's podium, in a conference room—or without an extra personal day. “Be honest with your child about why you can't be there,” says psychotherapist Tina Tessina, PhD. Then make up for your absence by having someone videotape so you can watch together later. Sending another relative in your place can also help your child feel supported.

Think **Positive**

Kids learn by example, so you want your babysitter or nanny to model cheerful behavior—just like you do. When you interview, pay attention to these cues from Candi Wingate, president of Nannies4Hire.com.



A Happy Face

A genuine smile and frequent eye contact—not only when speaking with you but when engaging your child, too—are good initial indicators of positivity. A sourpuss? That's a warning sign.



Upbeat Problem-solving

Ask what she'd do in a specific discipline situation. You want an answer that exhibits a positive, solution-based approach rather than a punishing one.



The Silver Lining

Have the candidate tell you about difficulties with her previous child-care positions. Notice whether she's all complaints or offsets the tough moments with lessons learned and positive outcomes.



Helping Hand

Assist your sitter by attaching Hold-On Handles to your baby's stroller. Older kids can grab the straps to stay close (\$20, greaterthanonekids.com).



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