

# Bright Horizons® Benefits

## Featuring: Virtual Sitters via Sittercity

In addition to regular inperson sitters, Sittercity now also offers “Virtual Sitters” during these unprecedented times – **request a caregiver for a few hours using the virtual job offering to help with your older child’s schoolwork, play a game, or guide them through engaging activities.**

### Virtual Sitters FAQs

**1. How do virtual sitters work?**

A virtual sitter engages with a child or children in a digital capacity, according to a plan agreed upon by the parent and caregiver in advance. These sessions are commonly structured, and can include interactive games and assistance with schoolwork. Parents should remain mindful that technology is not always 100% and there could be lag or glitches during their children’s virtual care session. **For the children’s safety, it’s important for parents to never leave them unattended during a virtual sitting session.**

**2. Do virtual sitter sessions count against my annual 15 back up care days?** Virtual sitter sessions are self-sourced and self-paid by employees, and are a separate, complimentary program to the *Bright Horizons Back-Up Care program*. Back-up care is designed to help employees work when their primary care arrangements fall through. Virtual activities and sitting are an important support for working parents, but are not a substitute for in-person care, especially for full-day spans.

**3. Is there an age minimum for virtual care?**

Employees ultimately determine whether and how to use virtual care as part of their caregiving plans. Sittercity’s Trust & Safety guidance may help inform parents as to when virtual care is appropriate. *It states that virtual caregiving is a caregiver engaging with a child digitally for a short period of time; is not a replacement for physical care.*

**4. Is there a minimum time requirement for virtual sitting?**

Virtual sitting jobs can be posted for a minimum of one hour.

**5. What is the average cost of a virtual sitter?**

Sittercity recommends that families pay sitters a standard rate for virtual or in-person caregiving. The national typical hourly rate of babysitters in 2020 is **\$16.50 per hour**. Regional information can be found [here](#).

**6. What services do virtual sitters provide? Is virtual tutoring involved?**

In virtual sitting scenarios, the caregiver’s intention is to engage the child according to the goals outlined by the parent. This may include help with schoolwork, but is by no means limited to that domain. You can request a caregiver for a few hours using the virtual job offering to help with your older child’s schoolwork, play a game, or guide them through engaging activities

**7. When are virtual caregivers available to reserve?** Sittercity is accepting reservations for virtual caregivers now. Just visit <https://clients.brighthorizons.com/publicis> > **Additional Family Supports**> **Sittercity**.

**8. Where can I find more information about virtual sitting?** Sittercity has posted a variety of resources about virtual sitter selection, activity planning, and safety to the Trust & Safety section of their website. **Click [here](#) or visit <https://clients.brighthorizons.com/publicis> > Additional Family Supports > Sittercity > Trust and Safety.**