

Purpose

- To provide youth who are planning to babysit with the knowledge and skills necessary to give care safely and responsibly for children and infants. This training will help participants develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic childcare and basic first aid.
- To train babysitters to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in children and infants at the lay responder level.
- To teach babysitters the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives at the lay responder level.

Prerequisites

None. Recommended age 11–15 years.

Learning Objectives

- Define leadership and identify role modeling, respect, communication, motivation, taking action and decision making as important leadership skills.
- Identify ways to respect diversity among the children they babysit.
- Apply the FIND decision-making model to common babysitting situations.
- Use safe and appropriate techniques for finding babysitting jobs.
- List good business practices and professional work behaviors for babysitting.
- Identify safety-related problems and know how to prevent, recognize, and fix them to create a safer environment in and around the home.
- Identify which behaviors to expect from children based on their ages and developmental stages.
- Describe the importance of play for children's growth and development.
- List and apply appropriate techniques to prevent misbehavior and help children engage in desired behaviors.
- List at least three types of basic childcare.
- Recognize an emergency.
- Identify and apply the emergency action steps: **CHECK—CALL—CARE.**
- Explain the differences between life-threatening and nonlife-threatening emergencies.
- Identify who to call and when to call in different emergency situations.
- Describe how to check a conscious child or infant.
- Explain how to care for bleeding and burns.
- Demonstrate the proper way to wash their hands.
- Demonstrate how to properly remove disposable gloves.
- Demonstrate how to pick up and hold an infant and toddler.
- Demonstrate how to bottle-feed an infant.
- Demonstrate how to spoon-feed an infant or toddler.
- Demonstrate how to diaper an infant or toddler.
- Demonstrate how to help a conscious child or infant who is choking.
- Demonstrate how to check an unconscious child or infant.
- Demonstrate how to give care to an unconscious child or infant who is not breathing.
- Demonstrate the steps to control external bleeding.



- Know how to identify and respond to an emergency.
- Know the purpose of Good Samaritan laws.
- Identify the difference between consent and implied consent.
- Identify when and how to move an injured or ill person.
- Identify life-threatening and nonlife-threatening conditions.
- Identify the signals of shock and describe how to minimize its effects.
- Demonstrate how to give cardiopulmonary resuscitation (CPR).
- Describe when and how to use an automated external defibrillator (AED) on a child or infant.
- Demonstrate how to clear an obstructed airway of an unconscious person.
- Know how to identify and respond to an emergency.
- Know the purpose of Good Samaritan laws.
- Identify the difference between consent and implied consent.
- Identify when and how to move an injured or ill person.
- Identify life-threatening and nonlife-threatening conditions.
- Identify the signals of shock and describe how to minimize its effects.
- Recognize the signals of various soft tissue injuries.
- Identify various musculoskeletal injuries.
- Identify the signals of head, neck, and back injuries.
- Identify the signals of sudden illness, including stroke, diabetic emergency, poisoning and allergic reactions.
- Identify the signals of heat- and cold-related emergencies.
- Demonstrate how to care for a musculoskeletal injury.

Length

12 hours

Certification Requirement

- Successfully complete the Babysitter's Training course
- Attend all class sessions.
- Participate in all skill sessions and activities.
- Demonstrate competency in all observable and required skills.
- Pass each section of the written exam with a score of 80 percent or better.

Certificate Issued and Validity Period

- Babysitter's Training: No validity period
- Standard First Aid: 3 years
- CPR—Child and Infant: 1 year

Participant Products/Materials

American Red Cross Babysitter's Training



Fact Sheet

Babysitter's Training

**Course Cost:**

- The cost for open enrollment is 250.00-300.00. Closed courses at your organization range based on number of students.

Course Location:

Safety Services Hawaii
American Red Cross Authorized Training Center
95 Mahalani Street, Building # 5 Lower Level
Wailuku, HI 96793
Room 28-B3

Course Length:

- Total course instructional time is 10 hours and 15 minutes. With breaks, it would be 12 hours.

Course Formats:

- Three classes at 4 hours long
- Two days at 6 hours long

Course Size

- Six to ten students.

Included in Course:

- Deluxe Babysitter's Training Kit Contents:
Babysitter's Training Participant's Set (Provides students with the text they need for their Babysitter's Training course and some additional materials that may come in handy for the next time they babysit. The Babysitter Training Participant's Set includes an assortment of materials to better assist babysitters on the job, such as the Babysitter's Training Handbook, Babysitter's Training Emergency Reference Guide, and a Babysitter's Training CD-ROM.)
- Mini First Aid Kit with Vintage Tin Case (Keep life-saving tools with you by carrying a Vintage Mini First Aid Kit, which contains useful first aid supplies for scrapes, cuts, and minor bleeding.)
- American Red Cross Drawstring Back Pack (Keep your babysitting gear in one place with the super durable and lightweight American Red Cross string backpack.)