



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE	Babysitter's Training (r. 02)
Course Code	31400
Purpose	The purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism; basic care; safety and safe play; and first aid.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">• Know how to use the Family Interview Form to gain information for a safe and responsible babysitting experience.• Describe why the Babysitter's Self-Assessment Tool, Family Interview Form and Babysitter's Report Record are useful tools for managing a babysitting business.• Demonstrate using the FIND Decision-Making Model to solve babysitting dilemmas.• Recognize that there can be different correct solutions to a problem. The best solution depends on the babysitter's experience and skills, as well as the situation.• Use the Babysitter's Training Handbook to help identify ways to recognize, fix and use safety principles to solve problems in the home and surrounding environment.• Describe how germs can be transmitted among children.• Know when handwashing is needed and why the babysitter's hands and a child's hands must be kept clean when babysitting.• Describe the babysitter's role in guiding safe and responsible play.• Describe the importance of play for a child's growth and development.• Identify safe and unsafe toys for children at different developmental stages.• Identify safe and unsafe play for children at different developmental stages.• Know when to use disposable gloves while giving care.• Understand how wearing disposable gloves while giving care prevents the transmission of germs.• Demonstrate how to pick up and hold an infant.• Demonstrate how to pick up and carry a toddler.• Demonstrate how to use a bottle to feed an infant.• Demonstrate how to burp an infant after bottle-feeding.• Demonstrate how to spoon-feed an infant or toddler.• Demonstrate how to diaper an infant or toddler.• Demonstrate how to properly dispose of used disposable gloves.• Demonstrate proper handwashing technique.• Recognize whom and when to call during different emergency situations.• Analyze and distinguish between life-threatening and less serious emergencies.• Know the emergency action steps: Check–Call–Care.• Demonstrate how to check a conscious infant and child.• Recognize a breathing emergency in an infant or child.• Demonstrate proper care for a conscious choking infant or child.• Demonstrate how to check an unconscious infant and child and to provide rescue breaths.• Identify types of bleeding and wounds.• Demonstrate the steps to control bleeding.• Use the appropriate First Aid Action Plans in the Babysitter's Training



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	<p>Handbook.</p> <ul style="list-style-type: none"> • Identify appropriate work behaviors for babysitters. • Assess abilities, limits and job preferences as a babysitter. • Use the Babysitter’s Self-Assessment Tool to evaluate and choose a babysitting job. • Identify what to record on the Babysitter’s Report Record to report to parents or guardians after babysitting.
Length	Approximately 6 hours, 10 minutes (additional time required for enhanced activities – total time approximately 10 hours)
Instructor	Currently authorized Babysitter’s Training (r.02) instructor
Certification Requirements	<ul style="list-style-type: none"> • Must be 11 years of age by the last scheduled date of the course; • Successfully complete all observable skills outlined in the course; and • Participate in all required lesson activities.
Certificate Issued and Validity Period	Babysitter’s Training – None
Participant Materials	<i>American Red Cross Babysitter’s Training Handbook</i> (Stock No. 655614)
