

cabs

Child and Babysitting Safety



becoming a babysitter

preparing to babysit

staying safe

taking care of kids

when things go wrong

you can do it!

MEDIC ■
■ **First Aid**

AMERICAN SAFETY & ■
■ **HEALTH INSTITUTE**

CABS

Child and Babysitting Safety

Student Book, *Version 8.0*

Purpose of this Guide

This ASHI/MEDIC First Aid *CABS (Child and Babysitting Safety) Version 8.0 Student Book* is solely intended to facilitate certification in either the ASHI Child and Babysitting Safety training class or the MEDIC First Aid Child and Babysitting Safety training class. The information in this student book is furnished for that purpose and is subject to change without notice.

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Most states do not have regulations or laws about when a child is considered old enough to care for him/herself or to care for other children.

States may have guidelines or recommendations. These guidelines are most often distributed through child protective services and are administered at the county level. Child and Babysitting Safety is not designed to meet state regulatory requirements for child care workers and should not be used for this purpose.

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What is a **Babysitter?**

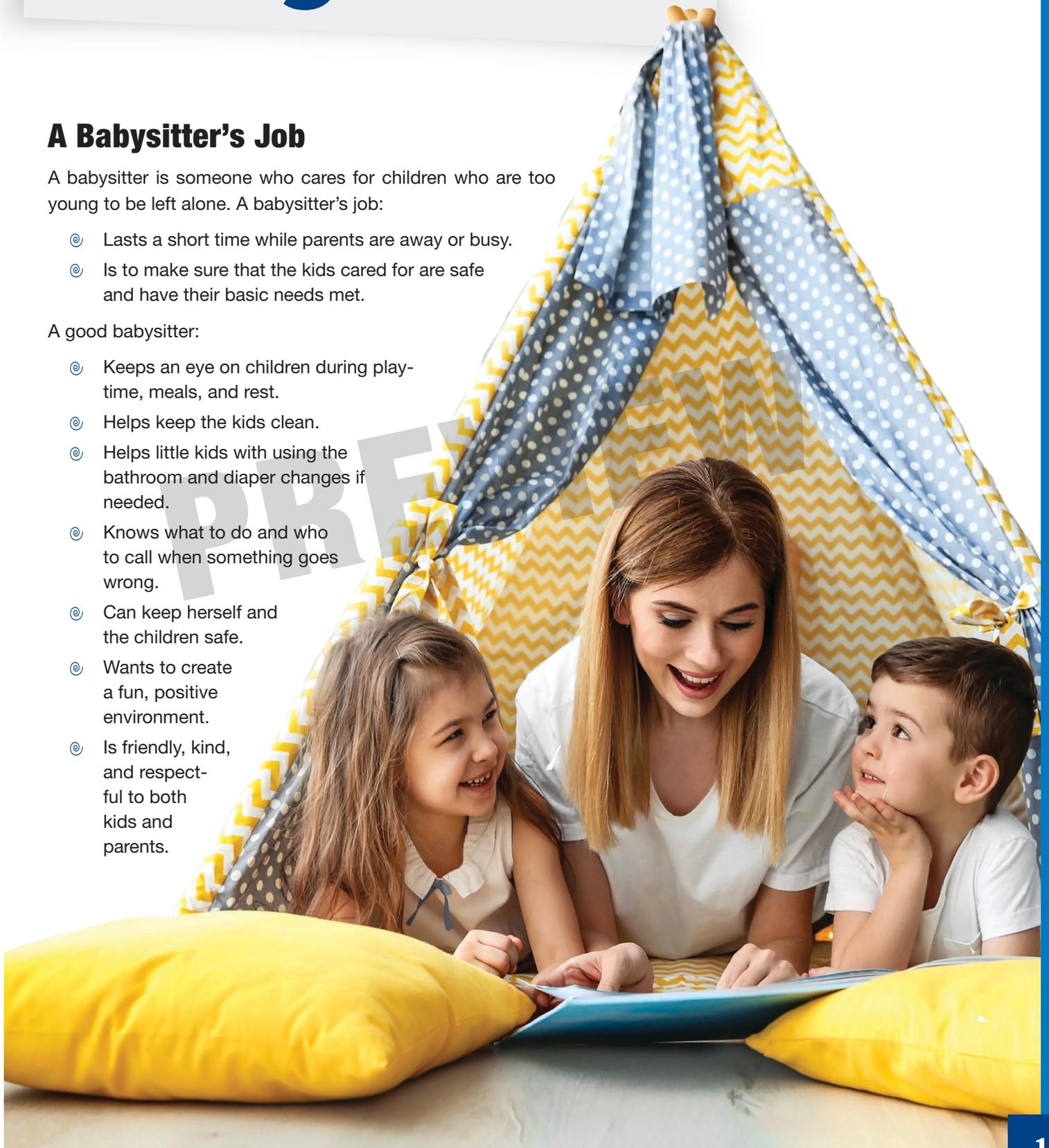
A Babysitter's Job

A babysitter is someone who cares for children who are too young to be left alone. A babysitter's job:

- ⦿ Lasts a short time while parents are away or busy.
- ⦿ Is to make sure that the kids cared for are safe and have their basic needs met.

A good babysitter:

- ⦿ Keeps an eye on children during play-time, meals, and rest.
- ⦿ Helps keep the kids clean.
- ⦿ Helps little kids with using the bathroom and diaper changes if needed.
- ⦿ Knows what to do and who to call when something goes wrong.
- ⦿ Can keep herself and the children safe.
- ⦿ Wants to create a fun, positive environment.
- ⦿ Is friendly, kind, and respectful to both kids and parents.



What Parents Want

Parents care deeply about the safety and well-being of their children. Parents may feel anxious leaving their kids with a babysitter or stressed about whether the child will behave well or be able to communicate clearly.

Parents want to hire a babysitter who:

- ① Likes children and wants to spend quality time with their kids.
- ① Is honest, trustworthy, and dependable.
- ① Is able to listen well and follow instructions.
- ① Feels comfortable asking questions or asking for help.
- ① Is respectful of the home and house rules as a helper and guest.



You Can Do This!

Babysitting is a big responsibility, but it can also be a lot of fun!

- ① It's a great way to make money.
- ① It gives you experience for future jobs.
- ① You get to be a role model for children.

You probably already have a good idea of what is and is not safe when babysitting.

- ① *Have experience as a babysitter or mother's helper?* This training will improve your skills even more!
- ① *New to babysitting?* You aren't expected to know everything right away. Feeling comfortable caring for children takes time and practice. This training will prepare you with skills you can use right away.

Have confidence in your abilities. By taking this class, you are showing that you care about being a good babysitter.

Knowledge Check

What is a babysitter's job?

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