



## **BABYSITTING BASICS COURSE FOR AGES 11-15**

The Babysitting Basics training course will teach you the responsibilities and qualities of being a good babysitter and what to expect from the parent who hires you. You will also learn how to:

- Interview for a babysitting job
- Make good, responsible decisions
- Supervise children
- Adjust your actions based on the age of the child
- Keep children and yourself safe in the house and outside
- Choose safe and age-appropriate toys and games
- Handle an emergency or illness
- Perform first aid, including responding effectively to life-threatening emergencies
- Perform basic care routines, like diapering, feeding, and dressing infants and children
- Handle bedtime issues effectively
- Market yourself safely

The Babysitting Basics course also provides training for real life:

- Essential professional, leadership, and care-giving skills
- Safety skills to prevent emergencies
- How to manage real-life problems, including emergencies
- Tips on finding babysitting jobs

Class will be held Tuesday December 28<sup>th</sup> from 9-3:30 at the Red Cross Office (104 S. West St. Wilkesboro)

Cost: \$ 45.00 Price includes: class, manual, first aid supplies, a binder, and certificate.

Contact the Wilkes-Alleghany American Red Cross at 336-838-4563 to register. Space is limited! Pre-payment required.

**\*Bring a packed lunch\***