

Safe Sitter® Best Practices

These guidelines are important to the integrity of the Safe Sitter® course. Safe Sitter® is more than a curriculum—it's a philosophy and an approach to teaching. The following guidelines articulate the behaviors that exemplify that philosophy. Incorporating these principles into your Safe Sitter® course will make Safe Sitter® a truly satisfying experience for you and your students.

1) Instructor Behavior

- Instructors are enthusiastic and committed to young adolescents.
- Instructors are able to deal effectively with young adolescents.
- Every child is treated with respect.
- Instructors with caring behaviors serve as role models so students are more likely to behave in a caring manner towards children for whom they babysit, and ultimately for their own children.

2) Classroom Environment

- Instructors are in control of the students. The limits of behavior are defined for the students at the start of the course.
- Course climate is nurturing and learner-centered.
- Classroom can comfortably accommodate the number of students in the course.
- CPR manikins, infant dolls, telephones, and other supplies are available in appropriate number.
- Only current Game Pack pieces and Graphic Pack graphics are used.
- Courses begin and end on time.

3) Medically Accurate Information

- Every student question is answered appropriately and accurately.
- Instructors not knowing the answer to a student's question do not attempt to answer, but find the correct answer and then inform the student.
- The Safe Sitter® Student Handbook and Safe Sitter® First Aid Chart are identified as the only medical references for Safe Sitter®.
- Student and/or Instructor misinformation is corrected tactfully, but promptly.

4) Teaching Strategies

- All sections are taught as directed in the Instructor Manual.

- In order to maximize the likelihood of mastery, each student has adequate hands-on practice time with manikins.
- The students are encouraged to treat the dolls and manikins as real infants/children.
- Adequate time is allowed for each section.
- All students are encouraged to participate in the discussions.
- Examples and questions are geared to the students' culture, environment, and gender.
- A friendly but professional relationship is established between Instructors and students.
- Instructors utilize review questions as checks for understanding.
- Instructors give each student individual attention during skills practice in order to cheerlead good performance and correct technique errors.

5) Safety of Students

- Proper infection control techniques are used on manikins.
- Students with infectious diseases are excluded from manikin practice as described in the Instructor Manual.
- Instructors remain responsible for students from the time students arrive at the facility until they leave by the transportation method arranged by their parent/guardian.

6) Nurturing Approach to Child Care

- The concept of no physical punishment is emphasized.
- The advantages of non-physical methods of behavior management are stressed.
- Age-appropriate comforting techniques for unhappy, hurt, or sick children are discussed.
- Regardless of the cooperation exhibited by the child guest in Safe Sitter® Expanded, the child guest is introduced, interviewed, and appreciated for the value of direct observation of a sample of childhood behavior. All comments regarding a child are explanatory, never negative. Parents are reassured that all behavior provides "teachable moments" and is appreciated.

8) Miscellaneous

- The Safe Sitter® course will be a positive experience for each student.
- The integrity of the Safe Sitter® course is maintained for all students.

- The Letter to Parents is distributed and discussed at the Graduation Ceremony to reinforce the role that parents should play in monitoring and safeguarding their child's activities.
- The course is available to students regardless of race, culture, religion, gender, or income level.
- Special needs of students with disabilities are accommodated to enable them to participate in the course.
- HAVE FUN! Happy Instructors make the course more fun for the students. When students are having fun, they're more likely to stay actively engaged in the course material.