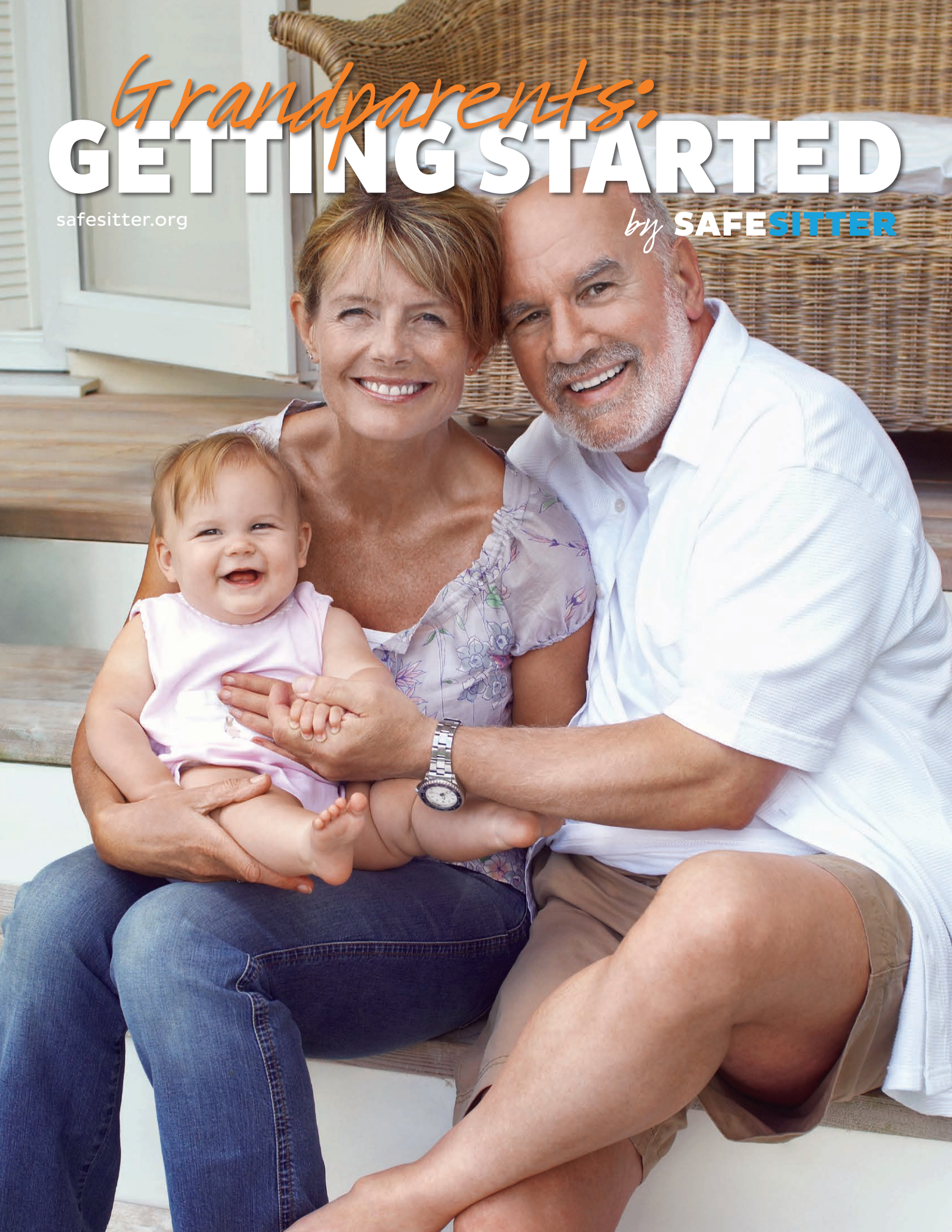


Grandparents: GETTING STARTED

safesitter.org

by **SAFESITTER**



Preface

Back in 2002, Safe Sitter® founder Patricia A. Keener, M.D. became a grandmother. Reflecting on this monumental experience and the importance of Safe Sitter® training, she wrote the following:

Ever since Nick, our youngest child, outgrew his bassinet 23 years ago, I've been looking forward to the babies of our babies. So, when our first grandchild was born last April, I was eager to provide young Chase Alexander with well-loved and briefly-used baby clothes, baby toys, and bassinet — stored and scrubbed in anticipation of a familial recycling day. As it turned out, I would be recycling more than the things in the attic. Chase's birth prompted the re-emergence of a whole array of powerful emotions that I had first experienced when my own children were infants. These emotions ranged from an overwhelming sense of awe and joy to an unrelenting anxiety brought on by my realization of the magnitude of the responsibility that a parent — or caregiver acting on the parent's behalf — knowingly or unknowingly assumes when caring for a young child.

The tragic and preventable death of a friend's child while in the care of an adult sitter prompted Dr. Keener to create the Safe Sitter® program as a resource for young babysitters. Dr. Keener's wisdom in caring for infants and children and her experience as an educator of both children and adults has greatly influenced the ongoing work we do at Safe Sitter® to keep our communities safe. We are proud to continue her tradition by providing Safe Sitter® training to senior members of our communities who are likely to share Dr. Keener's overwhelming joy and awe upon becoming grandparents.

CONTENTS

Know the Ages and Stages 5



Safe Sitter® Guide to Child Development 6

Every Baby is Different 8

Caring for Infants 9

Safe Sitter® Guide to Child Care Duties..... 12

Providing the B-E-S-T Care 14

Tips for Feeding
Snacks/Meals 15



Toileting Tips..... 16



10 Steps to Changing Diapers..... 17

Entertainment Ideas 18

Managing Behavior..... 20

Behavior Management Tips..... 21

Disciplining Grandchildren:
Four Rules to Follow 22

Behavior Aid Chart 23

Prevent Injuries Before They Happen 26

Guide to Common Dangers..... 27

First Aid Chart..... 29

Choking Child Rescue 32

Choking Infant Rescue 34

Child CPR 36

Infant CPR 38

Who's In Charge?..... 40

How Can I Say No?..... 41

Important Information 42



SAFESITTER

Safe Sitter, Inc. • National Headquarters • Indianapolis, IN
safesitter.org

©2021 Safe Sitter, Inc. All rights reserved.
No part of this publication may be reproduced in any
form or by any means, without permission in writing.

Printed in the U.S.A.

Stay Connected!



facebook.com/safesitterinc
twitter.com/SafeSitter

Grandparents: Getting Started **3**

Congratulations!

You're a grandparent! You may have dreamed of becoming a grandparent for many years, or you may have been called upon to help provide care for your grandchildren when you least expected it. Whether you plan on providing care on a regular basis, or providing only occasional babysitting, this course will help prepare you to provide the best and safest care for your grandchildren.



KNOW THE AGES AND STAGES



1

INFANTS

under 1 year



2

TODDLERS

1 to 2 years old



3

PRESCHOOLERS

3 to 5 years old



4

SCHOOL AGE

6 to 10 years old

.....

Understanding the ages and stages of your grandchildren helps you to know what care and supervision they need, as well as what kind of behavior to expect.

Infants: Infants require constant watching. In addition, it is important to hold infants and comfort them when they cry.

Toddlers: Toddlers are beginning to walk and talk, but they are too young to understand or follow rules. Supervise carefully to protect them from danger.

Preschoolers: Preschoolers require constant supervision to protect them from danger, and they may act out when they are frustrated.

School Age: School-age children usually know how to stay safe but may take risks or challenge rules.

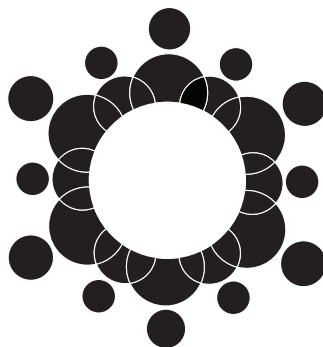
Grandparents: **GETTING STARTED**

safesitter.org

by **SAFESITTER**



INSTRUCTOR MANUAL



SAFESITTER®

INSTRUCTOR MANUAL

for

Grandparents: Getting Started

Name _____ Account Number _____

Safe Sitter, Inc. National Headquarters

9855 Crosspoint Boulevard, Suite 140
Indianapolis, IN 46256

Phone 317.596.5001
Fax 317.596.5008

Email safesitter@safesitter.org
Web safesitter.org

©2023 Safe Sitter, Inc. All rights reserved.

The Safe Sitter® Instructor Manual may only be used by trained Instructors, approved by Safe Sitter, Inc. National Headquarters, who teach for Safe Sitter® Providers. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of Safe Sitter, Inc.

Printed in the U.S.A.

SAFESITTER®

Welcome!

Thank you for teaching *Grandparents: Getting Started* by Safe Sitter®. Safe Sitter, Inc. is a nonprofit organization founded in 1980 by pediatrician Dr. Patricia A. Keener. Galvanized by the tragic and preventable death of a friend's child while in the care of an adult sitter, Dr. Keener created the Safe Sitter® program to provide safety skills, first aid and rescue skills, and child care training to young babysitters.

In 2002, Dr. Keener became a grandmother for the first time. Reflecting on this monumental experience and the importance of Safe Sitter® training, she wrote the following:

Ever since Nick, our youngest child, outgrew his bassinet 23 years ago, I've been looking forward to the babies of our babies. So, when our first grandchild was born last April, I was eager to provide young Chase Alexander with well-loved and briefly-used baby clothes, baby toys, and bassinet – stored and scrubbed in anticipation of a familial recycling day. As it turned out, I would be recycling more than the things in the attic. Chase's birth prompted the re-emergence of a whole array of powerful emotions that I had first experienced when my own children were infants. These emotions ranged from an overwhelming sense of awe and joy to an unrelenting anxiety brought on by my realization of the magnitude of the responsibility that a parent – or caregiver acting on the parent's behalf – knowingly or unknowingly assumes when caring for a young child.

Dr. Keener's wisdom in caring for infants and children and her experience as an educator of both children and adults has greatly influenced the ongoing work we do at Safe Sitter® to keep our communities safe. *Grandparents: Getting Started* is grounded in the competency-based Safe Sitter® curriculum originally developed by Dr. Keener. Our medical director, Dr. Sara Ross, ensures the medical accuracy of all the material that we teach. First Aid information is based on the recommendations of the American Academy of Pediatrics, and rescue skills information is based on the guidelines of the American Heart Association.

On behalf of Dr. Sara Ross and all of us at Safe Sitter, Inc. National Headquarters, thank you for providing this important training to grandparents in your community, and thank you for all you do to keep children safe.

Barbara Stuckwisch
Executive Director
Safe Sitter, Inc.

Using the Instructor Manual

This Instructor Manual is organized by sections. Each section contains a script for you to use as you teach. Instructor lines are bolded throughout the section, while suggested participant answers to planned questions appear in parentheses. Directions to Instructors appear in brackets.

The teaching strategies utilized include:

- Guided discussion
- Hands-on demonstration
- Skills practice
- Role-play

This program is designed to be highly interactive. Give participants time to answer the planned questions; they may need 5-10 seconds to digest the material and construct their answer. Some participants may be more reserved; others may be eager to share their thoughts. Allow participants to share their own experiences, anecdotes, and questions, but keep an eye on the clock so that you don't run out of time to cover each section before the end of class.

The participants in this program will likely be shaped by their own experiences as parents, and their opinions may occasionally conflict with the guidance in this course. Remind participants that your role is to share current best practices with caregivers that are based on guidance from pediatricians. In addition, this guidance may differ from what they were taught as young parents because the guidance has evolved through the years based on new research, and it continues to evolve today.

You must have a complete set of course materials, including a Graphics Pack, to teach this program. If you are missing materials, please contact Safe Sitter, Inc. National Headquarters.

Thank you for your commitment to keeping kids safe in your community! Please do not hesitate to contact Safe Sitter, Inc. National Headquarters with questions at safesitter@safesitter.org or 317.596.5001. We are here to help you be successful!

Contents

Welcome and Introduction.....	5
Child Development and Child Care Guided Discussion	6
Demonstration: Diapering.....	10
Behavior Management Guided Discussion	12
Injury Prevention and First Aid Guided Discussion.....	15
Choking Child Rescue Guided Discussion	17
Demonstration and Practice	18
Role-Play: Participants Practice on Child Manikin	20
Choking Child Prevention Guided Discussion	22
Choking Infant Rescue Guided Discussion	25
Demonstration and Practice	25
Role Play: Participants Practice on Infant Manikin.....	27
Choking Infant Prevention Guided Discussion	29
Child CPR Guided Discussion	30
Demonstration and Practice	30
Role-Play: Participants Practice on Child Manikin	32
Infant CPR Guided Discussion	35
Demonstration and Practice	35
Role Play: Participants Practice on Infant Manikin.....	37
Your Grandparent Role Guided Discussion.....	39

Welcome and Introductions



Hi, my name is _____ and I'm going to be your Instructor today.

[Add information about your profession, your children or family, and your reason for being a Safe Sitter® Instructor. If there is a second Instructor, he or she should do the same.]

Before we begin, I want to tell you about Safe Sitter® and why this program is offered.



Dr. Patricia Keener started Safe Sitter® back in 1980. At the time, she was working at a hospital, and one morning, Dr. Keener was paged to go to the emergency room because there was a toddler who had choked while eating breakfast. The adult sitter caring for the child didn't know what to do when the child began to choke, and by the time the little girl was brought to the hospital, it was too late, and she died.

This is why Safe Sitter® is so passionate about training sitters of all ages, whether you are a teenage babysitter or a grandparent watching your grandchildren.

Today, you'll learn how to safely care for infants and children and how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and CPR.

Let me be the first to offer you congratulations; you're a grandparent! But boy, have things changed since you raised your own children. As researchers and scientists learn more about the physical and emotional development of infants and children, they have new recommendations to share with parents and caregivers. Add on to that all the advances in technology, and it's enough to make a grandparent's head spin.

Don't worry! Caring for your grandchild starts with being prepared, and this Safe Sitter® course will help with that.

