

Welcome to

SAFESITTER



About you ...

Name & Grade

Fun Fact About You

What You'd Like to Learn



Patricia A. Keener, M.D.
Founder of Safe Sitter, Inc.



SAFETY SKILLS



Rule #1

**Always practice
good safety habits.**



**Indoor
Safety**



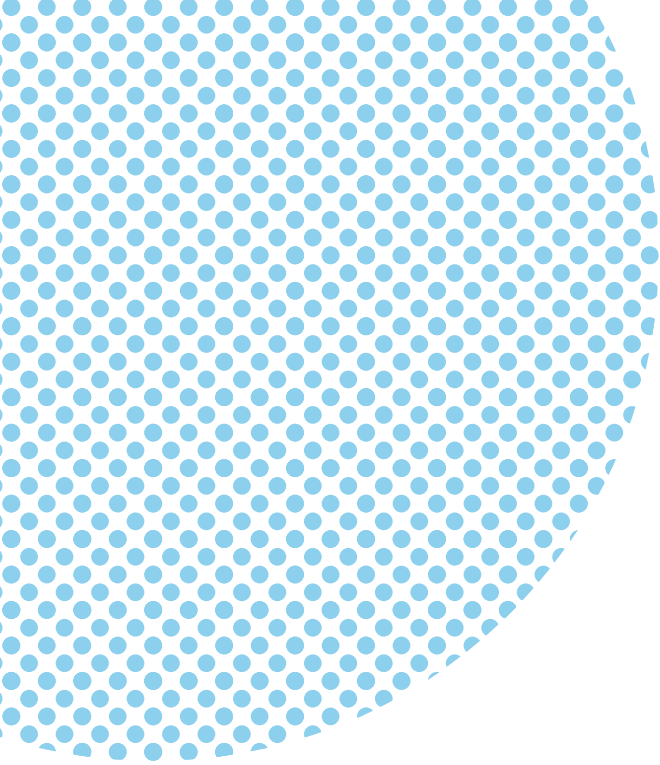
**Outdoor
Safety**



**Online
Safety**



**Personal
Safety**



Rule #2

**Tell your parent or
guardian:**

Who / What

Where / When / How

High Five Info



WHO
WHAT
WHERE
WHEN
HOW

Rule #3

**Call or text a
parent or back-up
adult in an unsafe
situation.**

*"I'm ready to be
picked up now."*

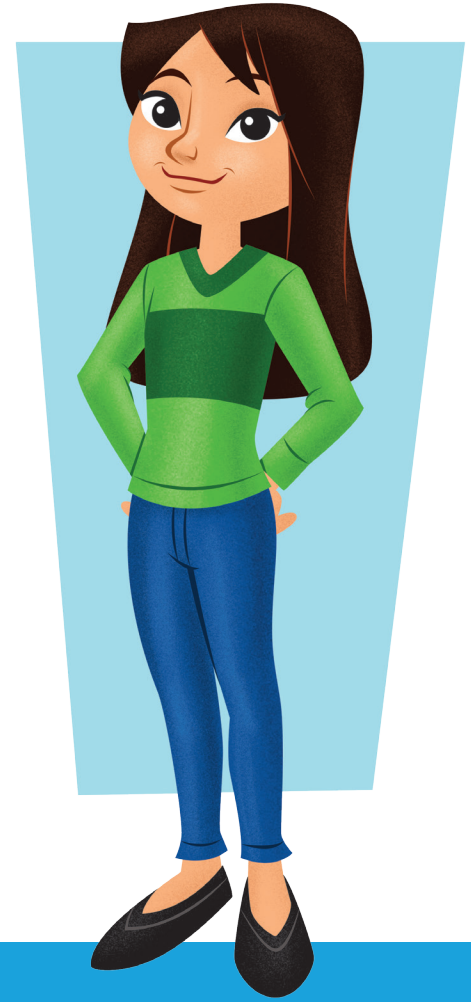




**Indoor
Safety**



**Outdoor
Safety**





Online Safety





Personal Safety



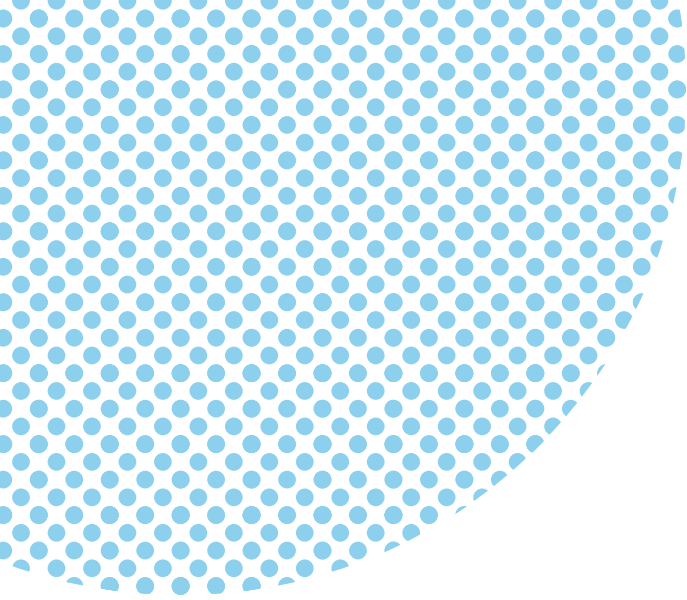
*"I'm ready to be
picked up now."*





Game

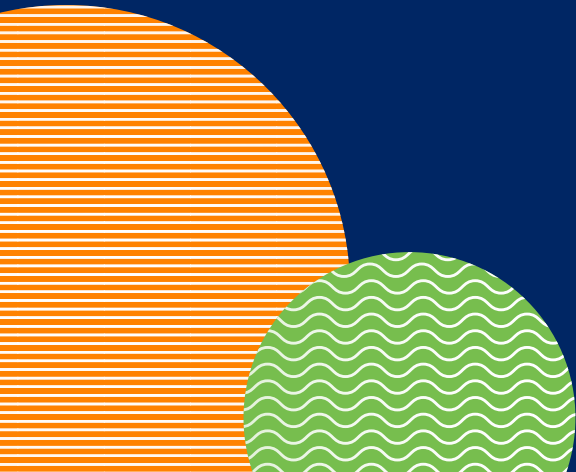
**What Do
I Do?**



REVIEW



Take a Break



CHILD CARE SKILLS



Caring for Children

READY

WILLING

ABLE



INFANTS
under 1 year



TODDLERS
1 to 2 years old



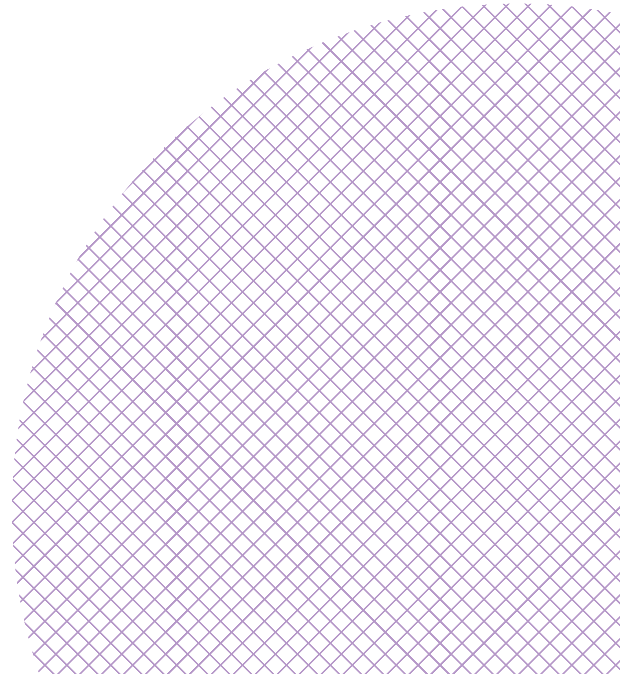
PRESCHOOLERS
3 to 5 years old



SCHOOL AGE
6 to 10 years old

Warning!

The care and handling of infants less than 6 months old is very demanding.





INFANTS
under 1 year



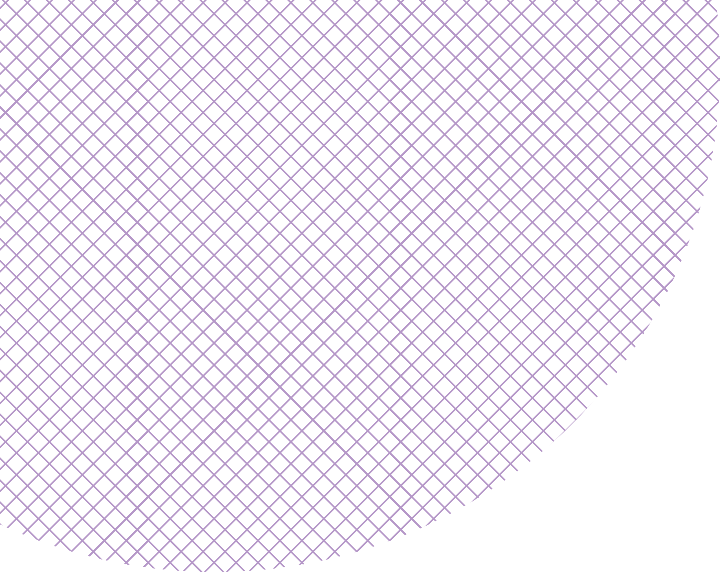
TODDLERS
1 to 2 years old



PRESCHOOLERS
3 to 5 years old



SCHOOL AGE
6 to 10 years old



Activity

What age?



INFANTS
under 1 year



TODDLERS
1 to 2 years old



PRESCHOOLERS
3 to 5 years old



SCHOOL AGE
6 to 10 years old

Four Routines



B - Bedtime



E - Entertainment



S - Snacks/Meals



T - Toileting

DEMONSTRATION and PRACTICE



4 Rules of Behavior Management





INFANTS
under 1 year



TODDLERS
1 to 2 years old



PRESCHOOLERS
3 to 5 years old



SCHOOL AGE
6 to 10 years old

6 Behavior Management Tips

Provide Comfort

Make a Game

Distract

When ... Then

Give Choices

**Take a Break
and Start Over**

Game

Behavior Management BINGO!

Behavior Management

**CALL 9-1-1
FOR THREAT
TO LIFE**

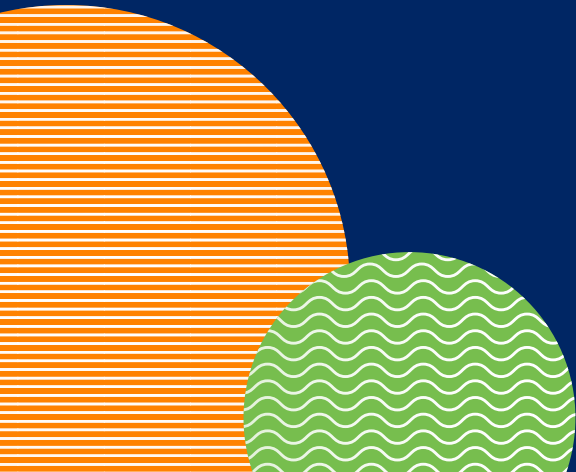
**ASK BACK-UP
ADULT TO
COME HELP**

**HANDLE
MINOR
PROBLEM
YOURSELF**

REVIEW



Lunch Time



FIRST AID & RESCUE SKILLS





What does a bodyguard do?



Injury Management

**Prevent
injuries before
they happen!**





Activity

What age?



INFANTS
under 1 year



TODDLERS
1 to 2 years old

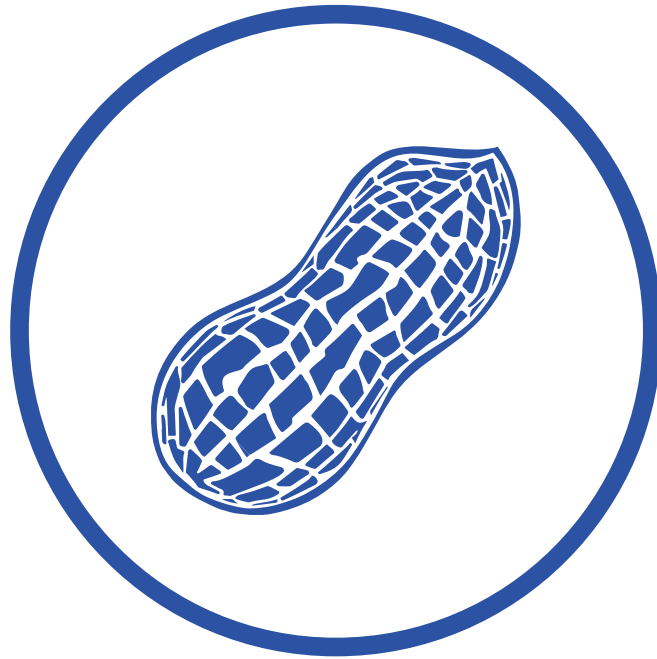


PRESCHOOLERS
3 to 5 years old



SCHOOL AGE
6 to 10 years old

Injury Management



**Allergies
are very
common.**

Injury Management

**CALL 9-1-1
FOR THREAT
TO LIFE**

**ASK BACK-UP
ADULT TO
COME HELP**

**HANDLE
MINOR
PROBLEM
YOURSELF**

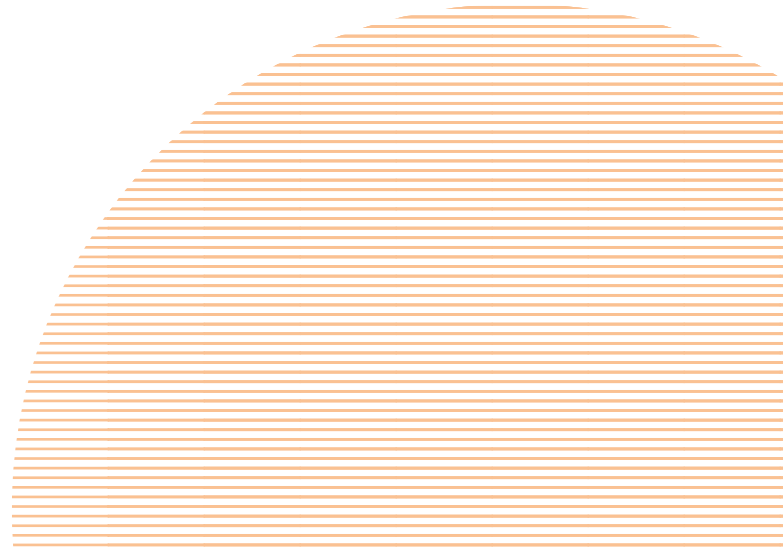
Injury Management

A large red circle is centered on the page. Inside the circle, the text "CALL 9-1-1 FOR THREAT TO LIFE" is written in white, bold, uppercase letters, arranged in three lines.

**CALL 9-1-1
FOR THREAT
TO LIFE**

Role-play

Calling 9-1-1



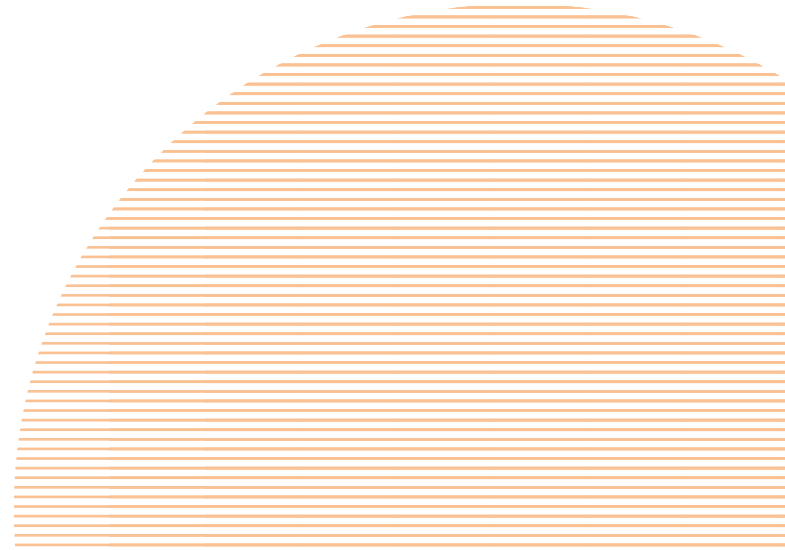
Injury Management



**ASK BACK-UP
ADULT TO
COME HELP**

Role-play

**Calling a
Back-up
Adult**



Injury Management



HANDLE
MINOR
PROBLEM
YOURSELF

First Aid Chart

Stay Calm.

Stay Safe.

Provide Comfort.





Game

Injury Management Game

REVIEW

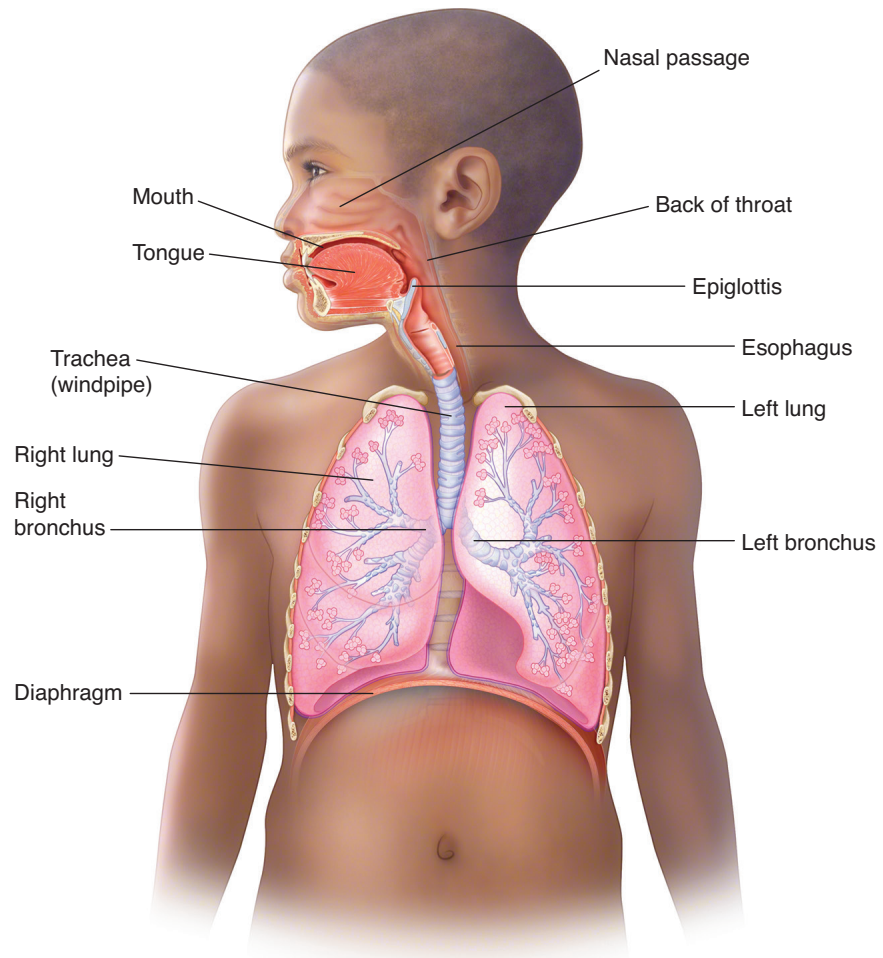




CHOKING RESCUE



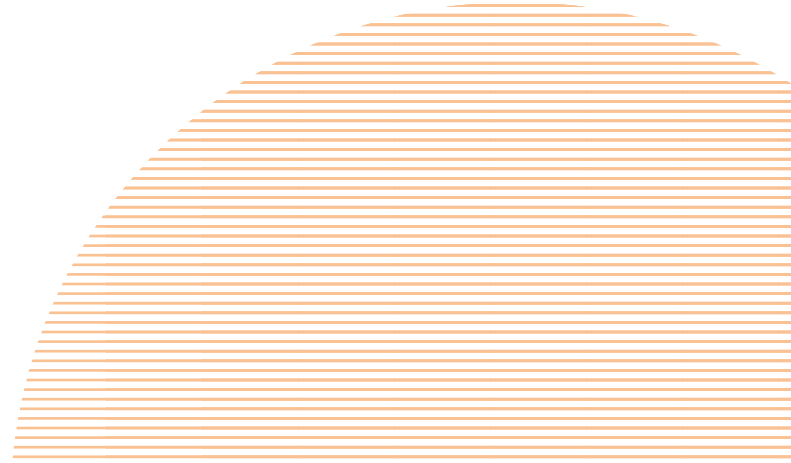
FIRST AID & RESCUE SKILLS

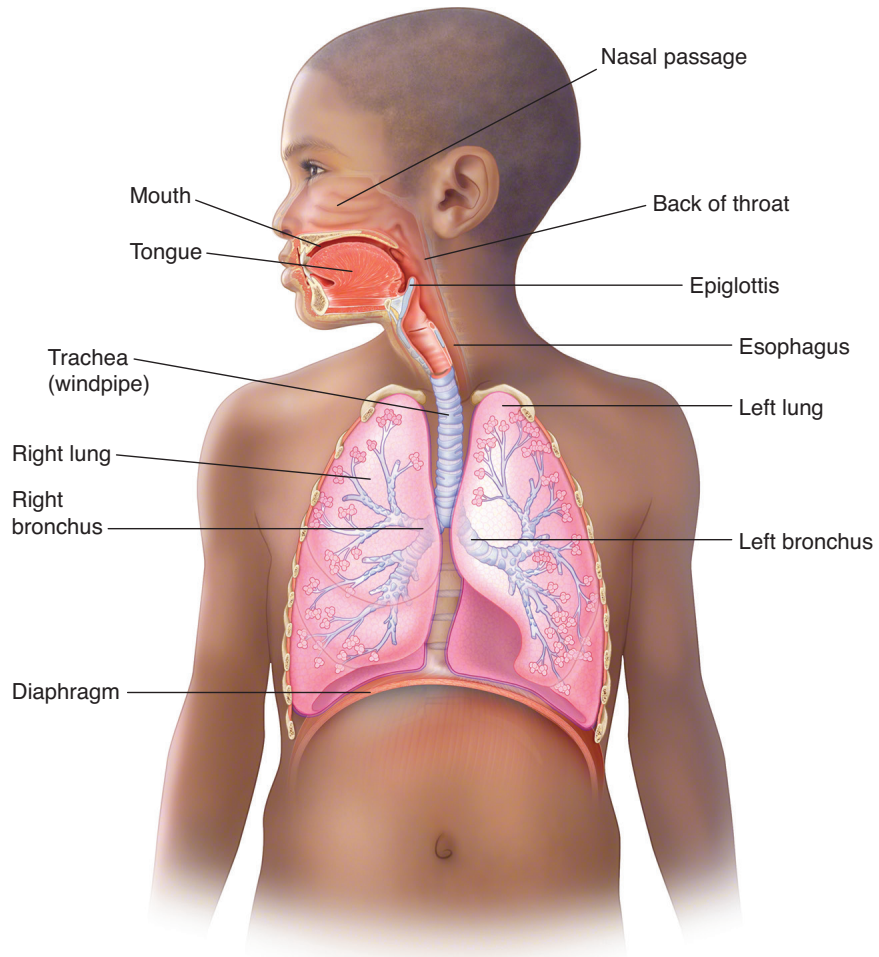


© 2016 Body Scientific International, LLC.

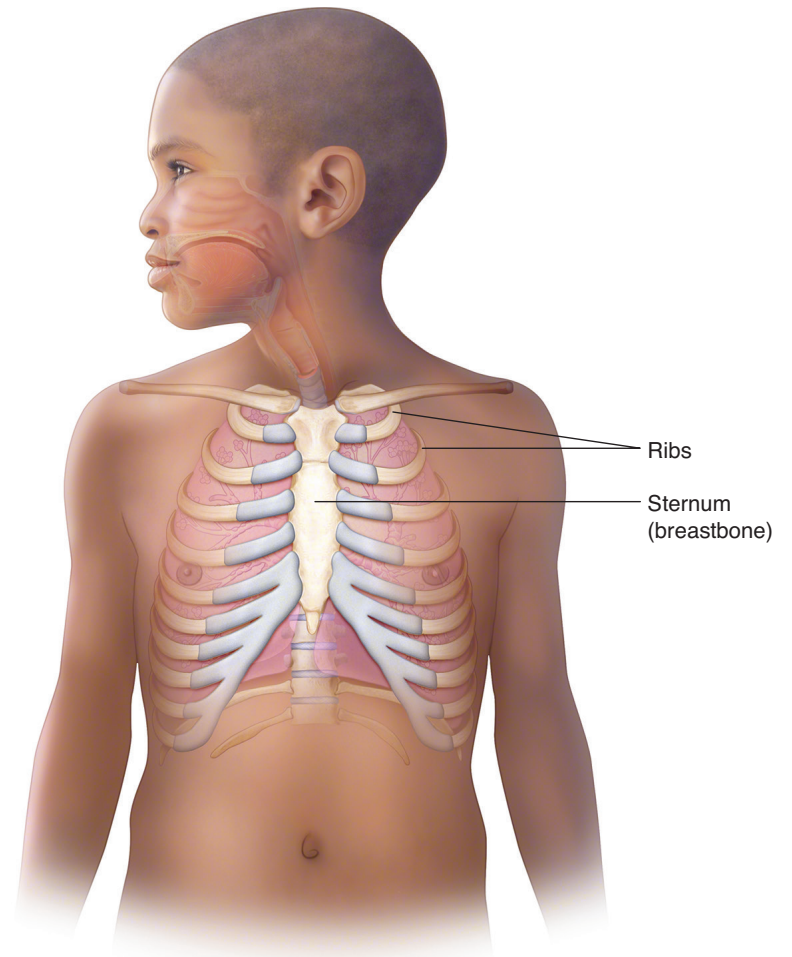
Choking Child

**Coughing is good.
Coughing helps!**





© 2016 Body Scientific International, LLC.



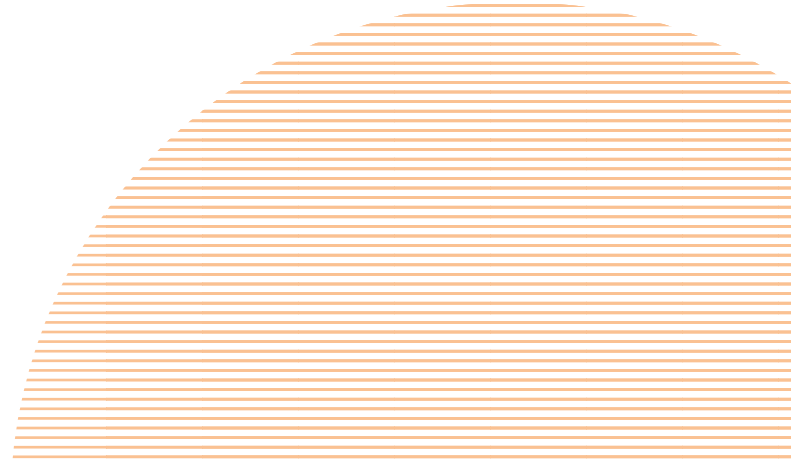
© 2016 Body Scientific International, LLC.

DEMONSTRATION, PRACTICE and ROLE-PLAY



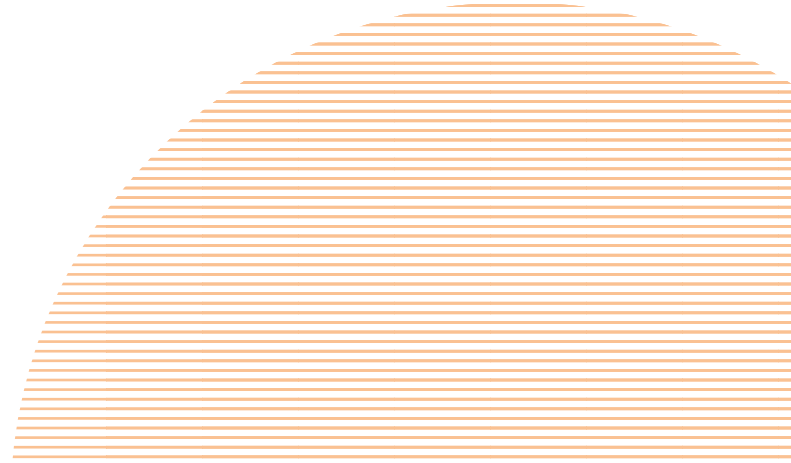
Choking Child

Rules to Prevent Choking



Choking Infant

**Coughing is good.
Coughing helps!**

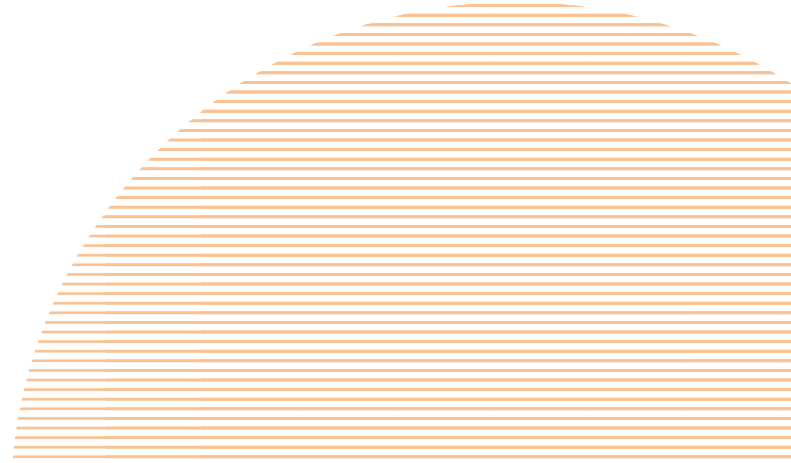


DEMONSTRATION, PRACTICE and ROLE-PLAY

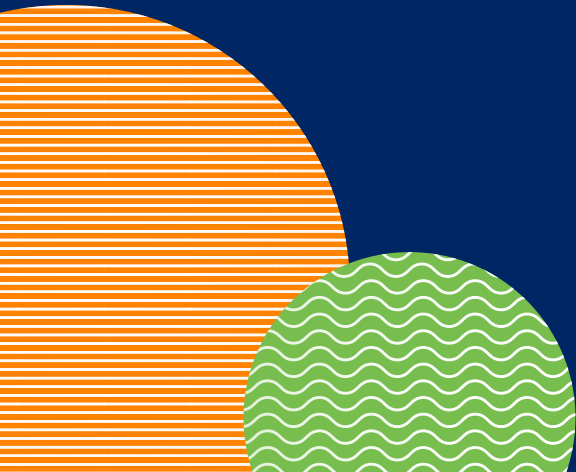


Choking Infant

Rules to Prevent Choking



Take a Break



LIFE & BUSINESS SKILLS

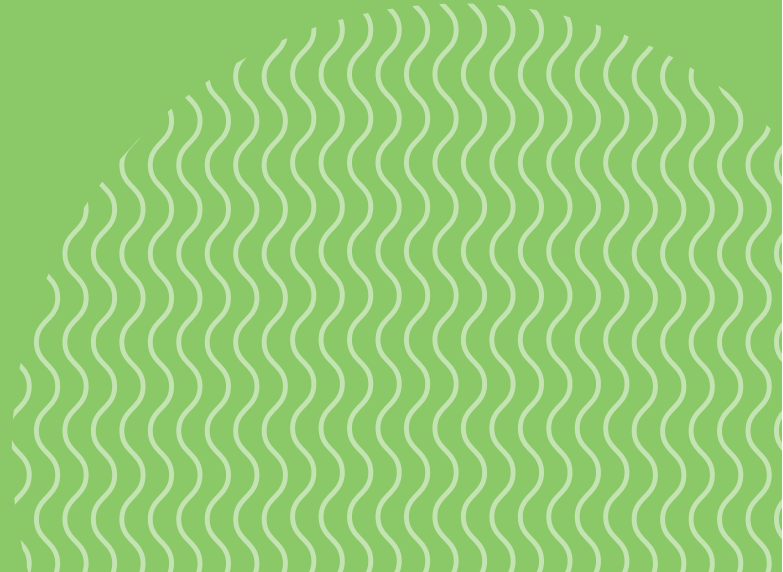


Success on the Job

Being Prepared

Being Responsible

Being Considerate



Be Prepared

A - Available

S - Safe

A - Able

P - Permission

**When you accept a babysitting job,
you accept the responsibility for
that child's life!**



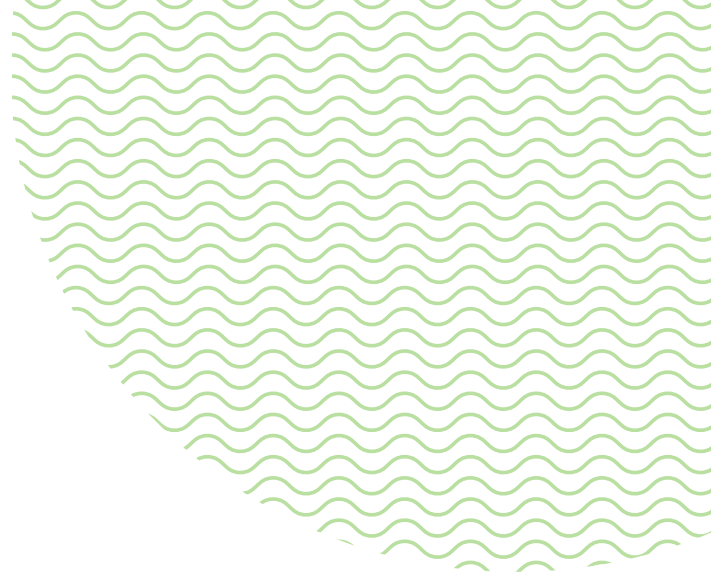
Be Prepared

A - Available

S - Safe

A - Able

P - Permission



Game

ASAP

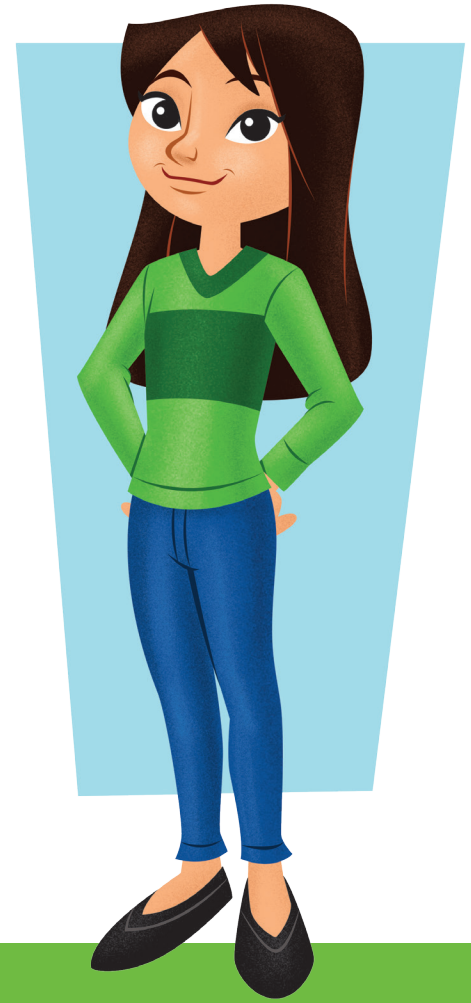
Be Prepared



**IT'S OKAY
TO DISCUSS
MONEY**

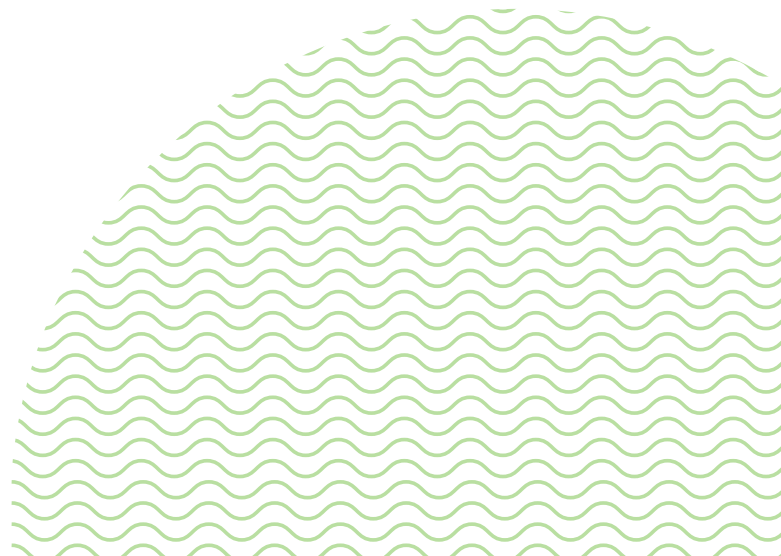


“I charge \$___ an hour.
Will that be okay?”

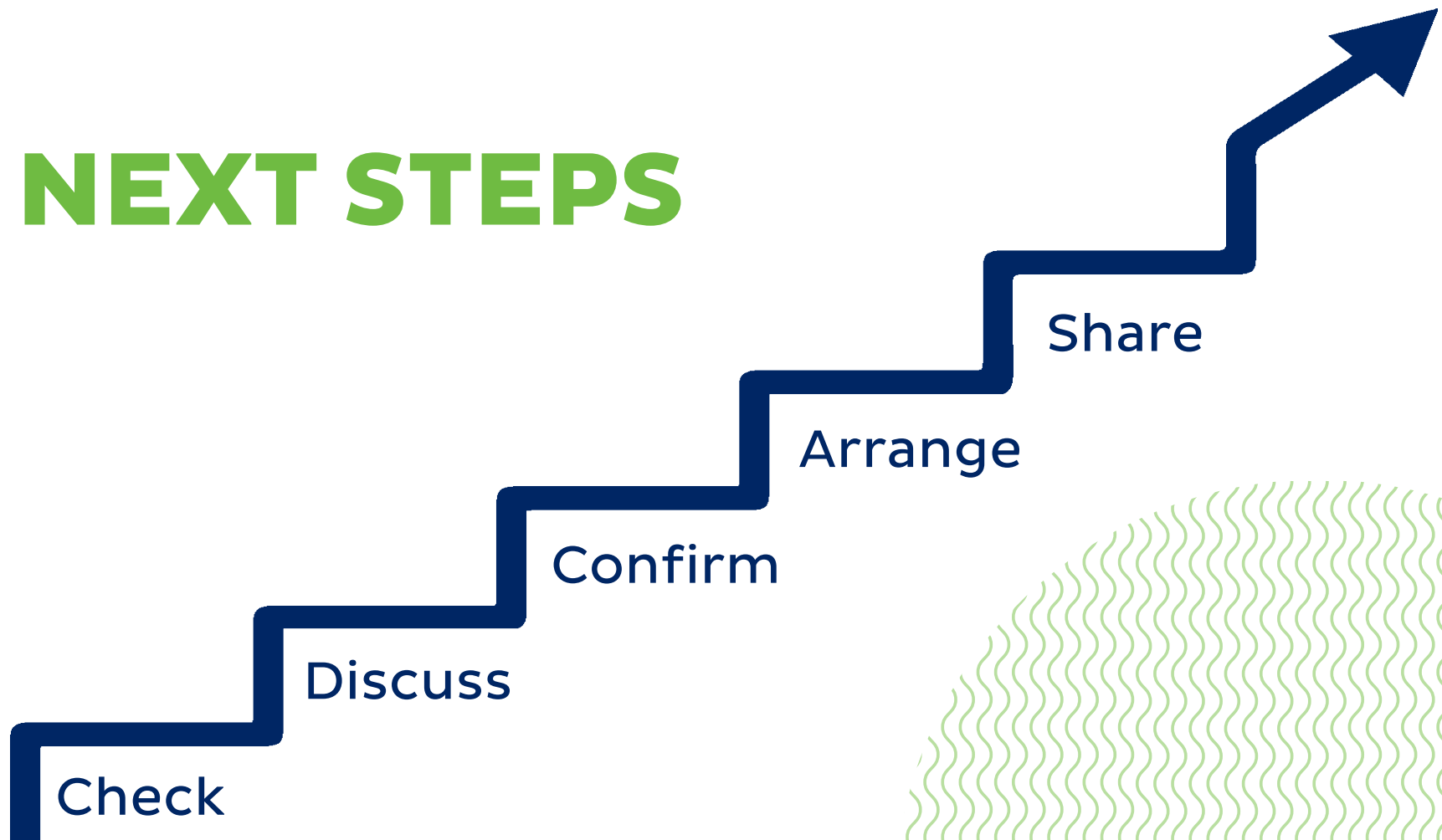


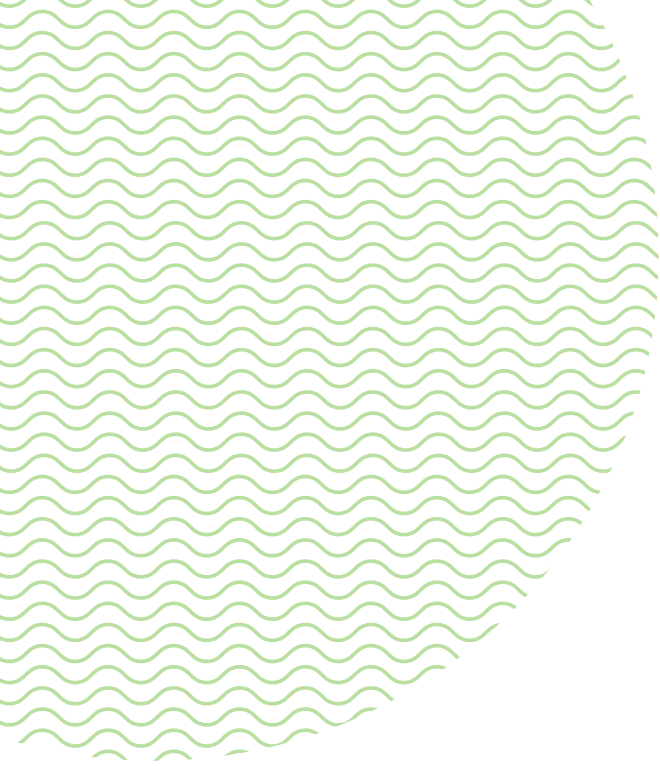
Role – play

Screen a Job



NEXT STEPS

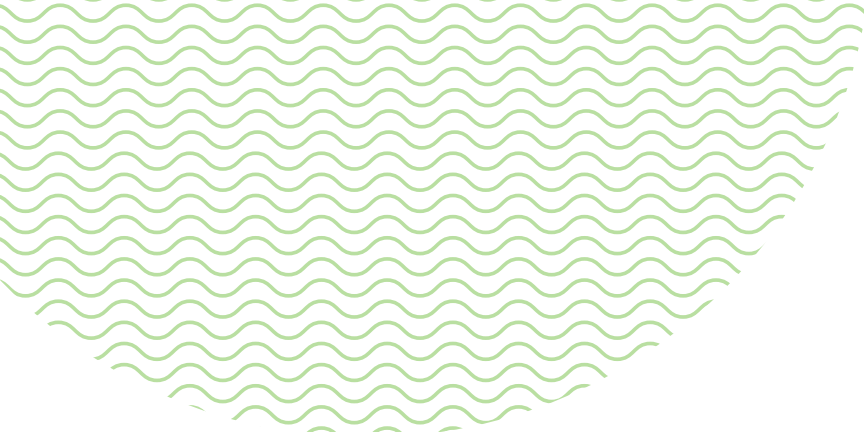




High Five Info



WHO
WHAT
WHERE
WHEN
HOW



Refusing a Job



Be Responsible



**BE ON
TIME FOR
THE JOB**

Be Responsible

Get important info

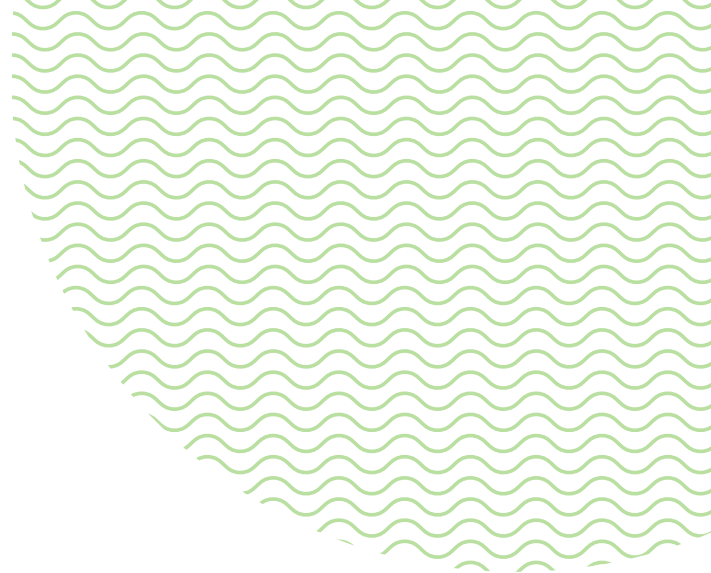
Complete house tour





Canceling a Job





Game

Cancellation Game

Be Considerate

Obey any rules

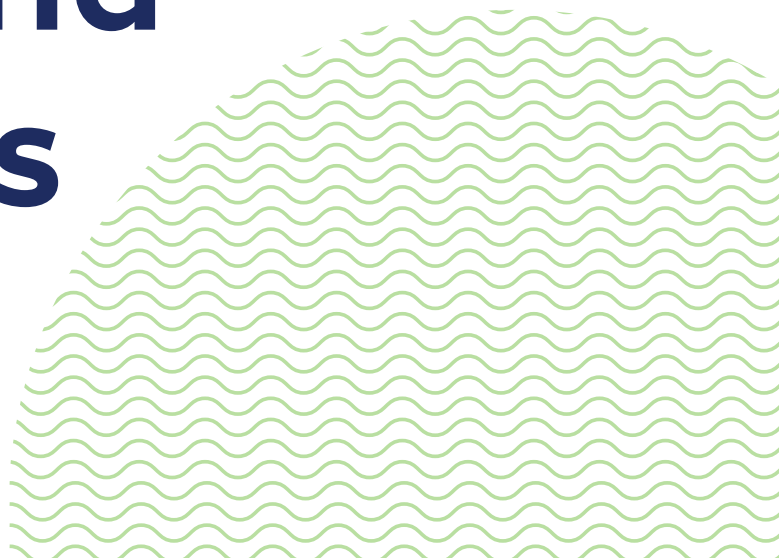
Be a good house guest

Be polite and respectful



Role – play

Handshake and Introductions



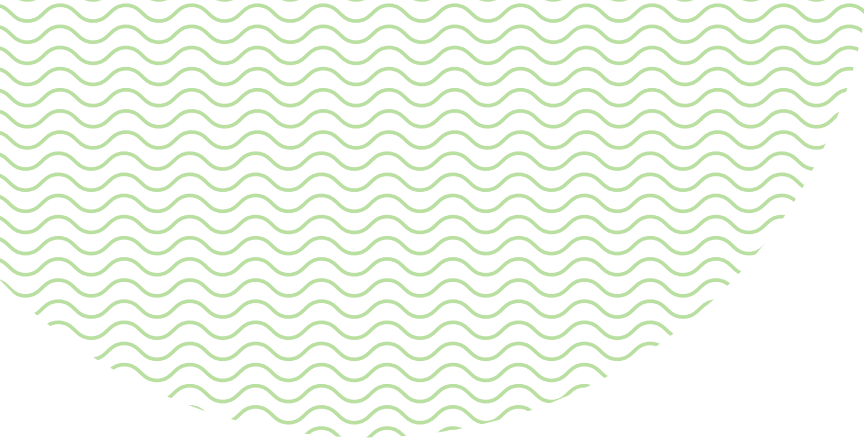
Be Considerate

**Safe Sitters are
prepared for the
unexpected.**



*"I'm ready to be
picked up now."*





REVIEW



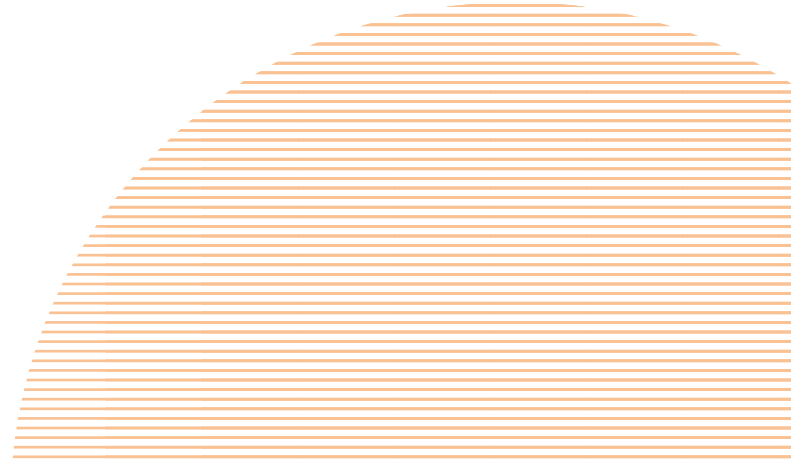


**CHALLENGE
ACCEPTED**



Child CPR

**Prevention is the
best protection.**



Child CPR

C - Cardio (Heart)

P - Pulmonary (Lungs)

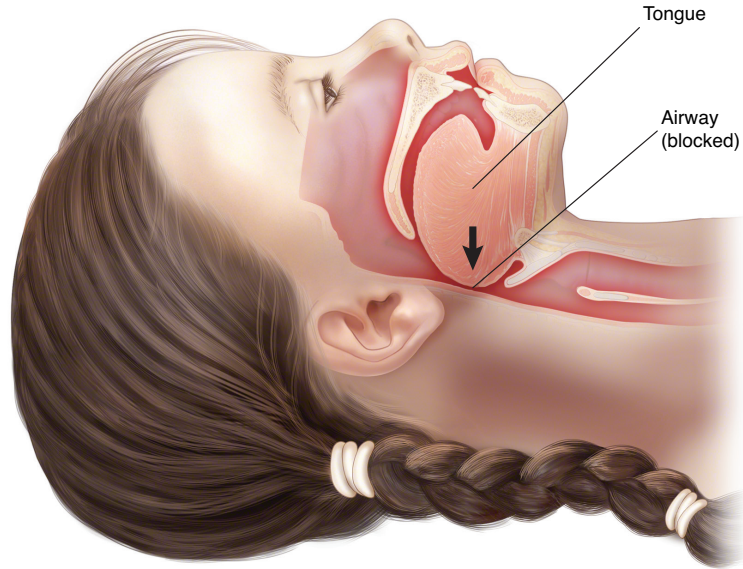
R - Resuscitation (Rescue)

DEMONSTRATION



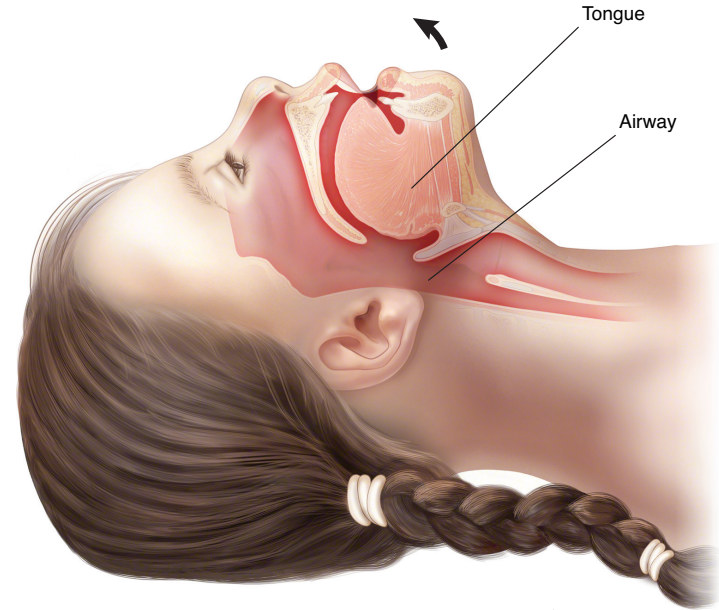
Head-Tilt/Chin-Lift Unblocks Airway

Shut Airway



© 2016 Body Scientific International, LLC.

Open Airway



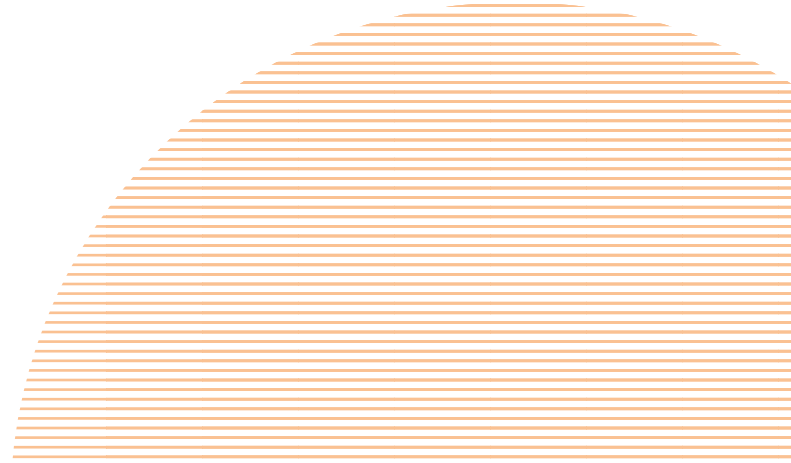
© 2016 Body Scientific International, LLC.

PRACTICE and ROLE-PLAY



Infant CPR

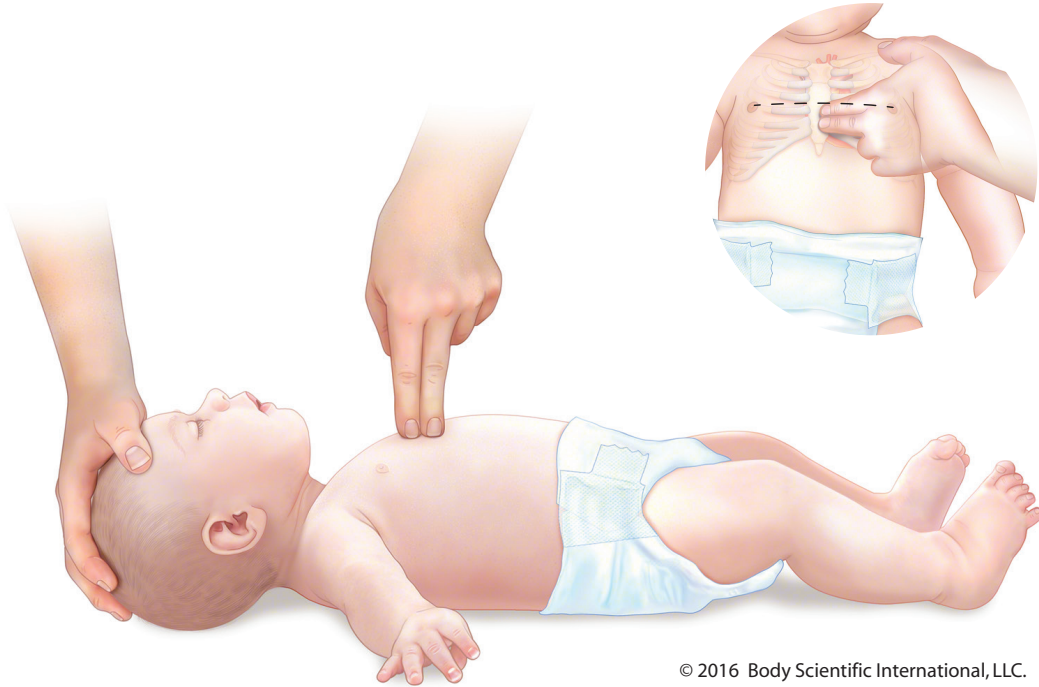
**Prevention is the
best protection.**



DEMONSTRATION



Chest Compressions act like a “substitute heart.”



© 2016 Body Scientific International, LLC.

PRACTICE and ROLE-PLAY



SAFESITTER

Graduation Ceremony

safesitter.org



Patricia A. Keener, M.D.
Founder of Safe Sitter, Inc.

