



Grandparents:
GETTING STARTED



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Founder of Safe Sitter, Inc.



You Will Learn:

Child Development & Child Care

Behavior Management

Injury Prevention & First Aid

Choking Rescue & CPR

Your Grandparent Role

KNOW THE AGES AND STAGES



INFANTS
under 1 year



TODDLERS
1 to 2 years old



PRESCHOOLERS
3 to 5 years old



SCHOOL AGE
6 to 10 years old

SAFE SITTER® GUIDE TO CHILD DEVELOPMENT

- Movement
- Speech
- Safety
- Following the Rules
- Behavior Challenges
- Ideas for Comfort



Every Baby is Different



Easy-Going

- Happy most of the time
- Eat and sleep on regular schedules
- Handle change well

Slow to Adapt

- Tend to be quiet
- Prefer steady routines
- Resistant to changes

Challenging

- Tend to be fussy
- May have trouble falling asleep or staying asleep
- Do not like new things

Caring For Infants





Purple Crying

P – Peak of Crying

U – Unexpected

R – Resists Soothing

P – Pain-like Face

L – Long Lasting

E – Evening



INFANTS

Depend completely on you

TODDLERS

Mostly depend on you

PRESCHOOLERS

Mostly able to do things alone

SCHOOL AGE

Able to do things alone

SAFE SITTER® GUIDE TO CHILD CARE DUTIES



B-E-S-T

B - Bedtime

E - Entertainment

S - Snacks/Meals

T - Toileting

10 Steps to Changing Diapers



BEHAVIOR MANAGEMENT

Stay in Control
of Yourself

Stay in Control
of the Children



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BEHAVIOR MANAGEMENT TIPS

- 1. Provide Comfort**
- 2. Distract**
- 3. Give Choices**
- 4. Make a Game**
- 5. When ... Then**
- 6. Take a Break/Start Over**





- 1. You must be in control of yourself.**
- 2. You must be in control of the children.**
- 3. You must never use physical punishment.**
- 4. You must be firm but not harsh.**

DISCIPLINE: 4 RULES TO FOLLOW

BEHAVIOR AID CHART

BEHAVIOR AID CHART

INFANTS (under 1 year old)

Crying:

Check to be sure infant is not hungry, wet, sleepy, or in pain. Comfort infant by cuddling, gently rocking, softly talking, slowly walking infant, or offering pacifier. Never shake or punish an infant for crying.



TODDLERS (1 to 2 years old)

Biting or Hitting:

Kneel down to child's eye level and be sure you have child's attention. Tell child "No biting. Biting hurts." or "No hitting. Hitting hurts." Never bite or hit a child to show how it feels.

Breath Holding:

Prevent by distraction if possible. If child is awake and alert, watch for return of regular breathing and activity. Call 9-1-1 if child loses consciousness or appears to have a convulsion or seizure.

Crying at Bedtime:

Follow child's bedtime routine as directed by parent. Use comforting techniques such as a night light, stuffed animal, quiet music, bedtime story, or special blanket.

Crying When Parent Leaves:

Distract child with toy or game. Comfort child by holding and cuddling if child will allow or offering favorite blanket or toy.

"Hyper" Behavior:

Help child use the energy through an active game, or change activities if child is bored or frustrated.

Potty Training Accident:

Clean child and change child's clothes if needed. Do not scold or tease child.

Saying "No. No. No.":

Respect the "no" if child really means it. Do not make fun of child who says no to everything.

Temper Tantrum:

Move things out of the way so child won't get hurt and things won't get broken. Stay nearby

so child doesn't feel abandoned, but no need to intervene. When tantrum ends, distract child with game or play.



BEHAVIOR AID CHART

Thumb or Finger Sucking, Pacifier, Taking Bedtime Bottle:

Don't worry about this self-comforting behavior. Do not scold or tease child.

Waking Up After Being Put to Bed:

Prevent by following child's bedtime routine. Go to child's room and talk to child. Tell child it's time for sleeping, not playing. If child cries for parent, remind child that parent will return. Comfort child by patting child's back, singing, or telling a brief story.

PRESCHOOLERS (3 to 5 years old)

Afraid of Things:

Comfort child with distractions such as a story or game.

Bedwetting:

Do your part to prevent embarrassment for child by reminding child to go to bathroom before bed. Help child change to clean

clothes and change the sheets or place dry towels over the wet spot in the bed. Do not scold or tease child.

Breaking Rules or Not Listening:

Remind child that you are following parent's rules. Be firm. Try giving child choices or making a game of what you want child to do. Remind child of the consequences for breaking rules. Use Take a Break/Start Over if necessary.

Breaking Something:

Do your part to prevent accidents by childproofing home or moving fragile items out of child's reach. Pick up pieces and dispose of them. Keep child safely away from the danger while you clean up.

Hitting or Kicking:

Separate child from others. Allow child to Take a Break/Start Over. Remind child to use words instead of hitting or kicking when angry.

Nightmare:

Comfort child. If possible, calm child without turning on the light. It may help to have the child go to the bathroom, take a few sips of water, or distract child with a pleasant bedtime story.

Potty Training Accident:

Clean child and change child's clothes if needed. Do not scold or tease child.

SCHOOLAGE (6 to 10 years old)

Arguing or Fighting:

Settle the argument as fairly as possible. If physical fighting, separate the children. Call parent if you are unable to intervene safely. Call 9-1-1 if serious harm is a risk.

Breaking Rules or Not Listening:

Be firm, and remind child that you have the responsibility to enforce parent's rules. Warn child of the consequences for breaking rules.

Child Needing Rescue from Tree, Roof, Window Ledge, etc.:

Call 9-1-1.

Threatening to Hurt Self or Others:

Call 9-1-1 if child has weapon which could cause harm or if child is in physical danger.

Teasing Younger Siblings:

Distract older sibling with a request that acknowledges

the age and abilities of older child. Suggest an activity you can do together after younger child goes to bed. If distraction doesn't work, talk with older child privately, stating firmly and seriously, that the teasing must stop.



PREVENT INJURIES

before they happen!



KNOW THE AGES AND STAGES



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

If there is a **THREAT TO LIFE**, call **9-1-1** because this is both serious and urgent.

If there is a significant injury or illness, **contact the parent**, because the situation is serious but not urgent.

If there is a minor problem, **handle it yourself** because the situation is not serious, nor urgent.

FIRST AID CHART

First Aid Chart

STAY CALM. STAY SAFE. PROVIDE COMFORT.

EMERGENCY SERVICES PHONE NUMBER: 9-1-1

POISON CENTER PHONE NUMBER: 800-222-1222

REMEMBER: Information on this First Aid Chart should not be used as a substitute for obtaining prompt help from 9-1-1 or from medical professionals.

Allergic Reaction

Call 9-1-1 for severe allergic reaction—trouble breathing or swallowing, loss of consciousness, weakness, nausea, vomiting, fainting, hives (red, itchy bumps on skin) over entire body, or severe swelling of eyes, lips, or tongue. **Call parent** for hives limited to a small area.

Asthma

Call 9-1-1 if child's lips are pale or blue or child has difficulty breathing or talking. **Call parent** if child is wheezing with NO trouble breathing.

Bite or Sting

Animal Bite or Human Bite

Wash wound with soap and lots of water. **Call parent** if skin is broken; child will need further treatment.

Insect Sting

Call 9-1-1 if signs of severe allergic reaction. If swelling and redness are limited to site of the sting, remove stinger – scrape with your fingernail or credit card to remove. Cover with clean damp cloth for a few minutes.

Breath Holding

If child is awake and alert, watch for return of regular breathing and activity.

Call 9-1-1 if child loses consciousness or appears to have a convulsion or seizure.

Broken Bone/Fracture/Sprain

Suspect a broken bone if child falls and has any of the following: won't stop crying, won't use injured part, obvious swelling or deformity. You should minimize movement of a child who you suspect has a broken bone.

Call 9-1-1 if there is obvious swelling or deformity with a break in skin or if area below injured part is cold or blue. **Call parent** if you suspect a broken bone or sprain.

Bruise

Call parent for bruise over a large area, continued pain, or swelling. If bruise is small, put plastic bag filled with ice on bruise with damp towel between ice and skin for at least 5 minutes.

Burn or Scald

Stop the burning process by removing child from contact with source of heat. Have child Stop, Drop and Roll if clothes are on fire. Pour cool water over clothes to stop further burning.

Call 9-1-1 for a burn with blisters over large area. Do not apply any medicines. Do not break blisters. Do not use ice. Have

First Aid Chart

child lie down, cover with clean sheet, and then blanket until 9-1-1 arrives. **Call parent** for a minor burn with or without blisters, place burned area in cool water or cover with clean cloth dipped in cold water until pain stops.

Electrical Burn or Shock

Do not touch child if child is still in contact with source of electricity. Pull plug from source of electricity if possible. If child is blue and not breathing and it is safe to touch the child, do CPR for 2 minutes and then **call 9-1-1**.

Convulsion or Seizure

If child's body stiffens, twitches, shakes, or child just stares, child may be having a seizure. **Call 9-1-1** immediately if child is convulsing/seizing but appears to be breathing.

Call 9-1-1 after two minutes of CPR if child is blue or not breathing. Roll child onto side to prevent choking. Do not try to restrain movements. Protect child from injury by moving furniture or other objects away from child. Do not put or force any object into child's mouth.

Call parent if child has abnormal movements as indicated above, but child is breathing and returning to baseline (child's normal condition).

Cut

If cut is pumping blood rapidly, place clean cloth over the entire wound and press firmly. Have child lie down. If blood comes through cloth, do not remove blood-soaked cloth. Cover with second cloth and continue to press firmly.

Call 9-1-1 as soon as active bleeding is under control or if you are unable to control bleeding quickly. Continue

pressure until 9-1-1 arrives. **Call parent** if cut is on the face or is large or the edges of cut are spread widely apart. Child may need medical care as soon as possible. Adult should use firm pressure with clean cloth over bleeding site to stop bleeding. If cut is small, rinse with clean water, pat dry, and apply antibiotic ointment. Cover with BAND-AID® or bandage that will not stick to skin.

Drowning

Do not go into water that is deeper than your waist. Throw life jacket, piece of wood or anything that floats, as close as possible to child. If water is not deeper than your waist, pull child from water. If child is blue and not breathing, **do CPR for 2 minutes and then call 9-1-1**.

Eye and Ear Injury

Call parent. Child will need medical care.

Fever

Take temperature if child's forehead feels hot to touch, child is sweating or shivering, child complains of feeling sick, or child looks sick. If child is hot from being in the sun or exercising in the heat, get child to cooler, shaded area to rest. Give child water.

Head Injury

Do not move child who may have had serious head, neck, or back injury.

Call 9-1-1 if child has any loss of consciousness, convulsions, oozing blood or watery fluid from ears or nose, sleepiness, headache, vomiting, clumsiness, inability to move any body part, or change in speech or behavior. **Call parent** if child has large cut, facial injuries, or won't stop crying.

Loss of Consciousness

Call 9-1-1 if child becomes unaware of surroundings or is not able to respond. Check for bleeding, head or neck injury, and breathing motions. If bleeding is controlled, no head or neck injury, and child is breathing, then roll child on side. Watch for trouble breathing. Keep child warm and do not give child anything to eat or drink.

Nosebleed

Place child in sitting position leaning forward and squeeze outside of nostrils using clean cloth or tissue with thumb and first finger for 5 minutes. Have child sit quietly.

Poisoning

Any product or substance that can harm someone if used in the wrong way, by the wrong person, or in the wrong amount is a poison. Poison can enter the body through the eyes, ears, or skin or by breathing or swallowing something you shouldn't.

Call 9-1-1 if child takes anything that might be poison and immediately gags, vomits, becomes sleepy, has trouble breathing, has convulsions, or loss of consciousness. **Call Poison Center 800-222-1222** if child takes anything that might be poison but has no immediate symptoms. Have poison container available.

Puncture Wound

Call 9-1-1 if puncture wound is due to large object. Do not remove large object such as knife or stick. For minor puncture wounds, remove any debris you see in the wound and wash with soap and water.

Scrape

Rinse with clean water for several minutes. Pat dry and apply antibiotic ointment. Cover with BAND-AID® or bandage that will not stick to injured skin. **Call parent** if gravel or dirt is in skinned area and cannot be cleaned out. Child may need medical care.

Splinter

Remove small splinter with tweezers if child will cooperate. After removing splinter, wash with soap and water. Do not soak splinter. Inform parent regardless of your success in removing splinter.

Tooth

Knocked Out or Broken Permanent Tooth
To stop bleeding, use clean, wet cloth and carefully apply pressure to area.

Call parent immediately. Find tooth or tooth pieces. Rinse tooth gently handling tooth by the top and not the root—part that would be in the gum. Place in cow's milk or clean water. Child will need dental attention immediately.

Baby Tooth

If tooth falls out, have child rinse mouth with cold water. Save tooth for parent.

Vomiting

Have child lean forward, preferably over container such as wastebasket or bowl. When vomiting stops, help child clean face and hands and have child accompany you to **call parent**.

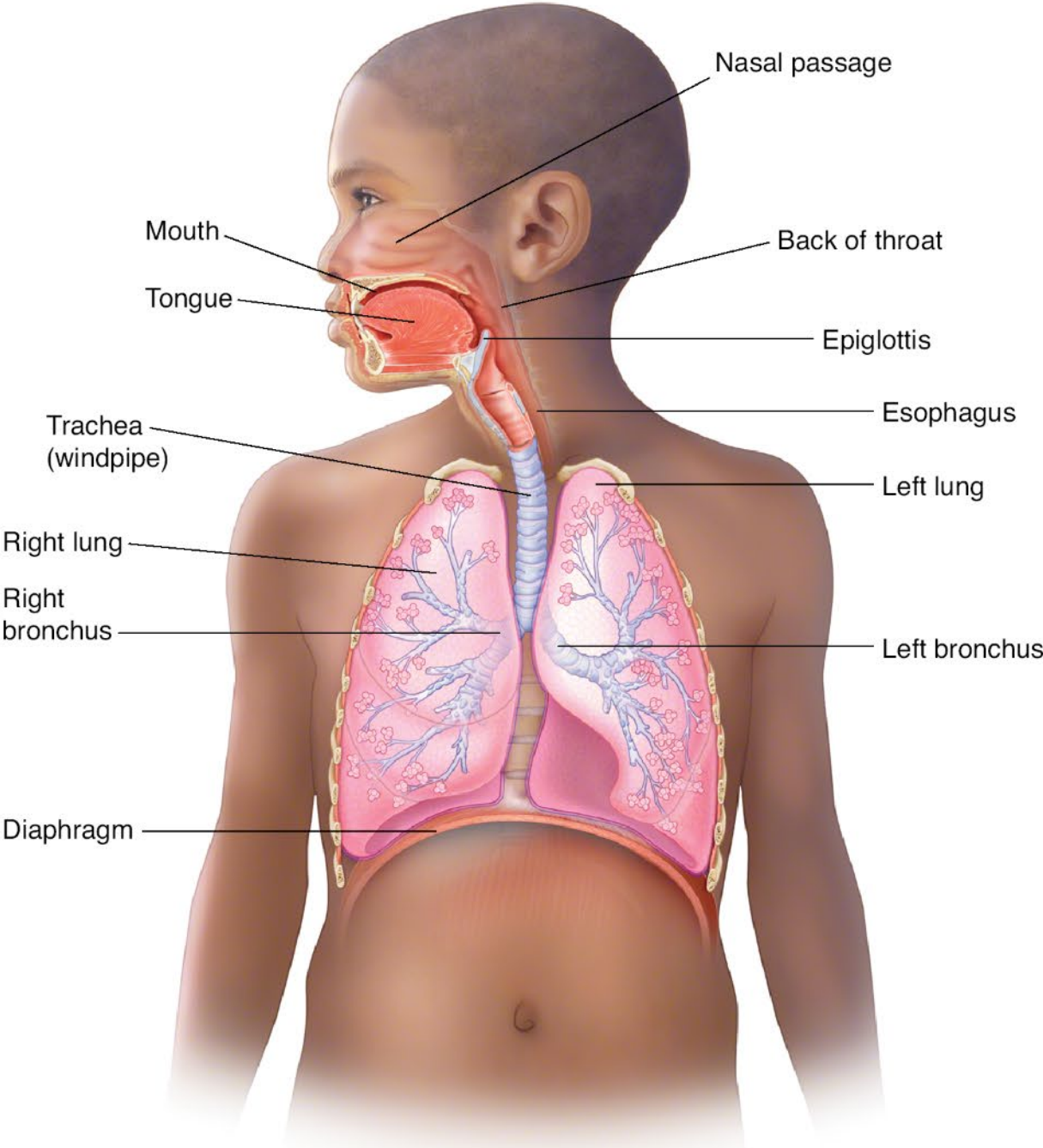
CHOKING CHILD RESCUE

1 year or older



CHOKING CHILD RESCUE

1 year or older





CHOKING CHILD RESCUE

Demonstration
and Practice



CHOKING CHILD RESCUE

Role-Play



**THE BEST
INTERVENTION
IS PREVENTION**



CHOKING INFANT RESCUE

Under 1 year





CHOKING INFANT RESCUE

Demonstration
and Practice



CHOKING INFANT RESCUE

Role-Play



**THE BEST
INTERVENTION
IS PREVENTION**



CHILD CPR

1 year or older





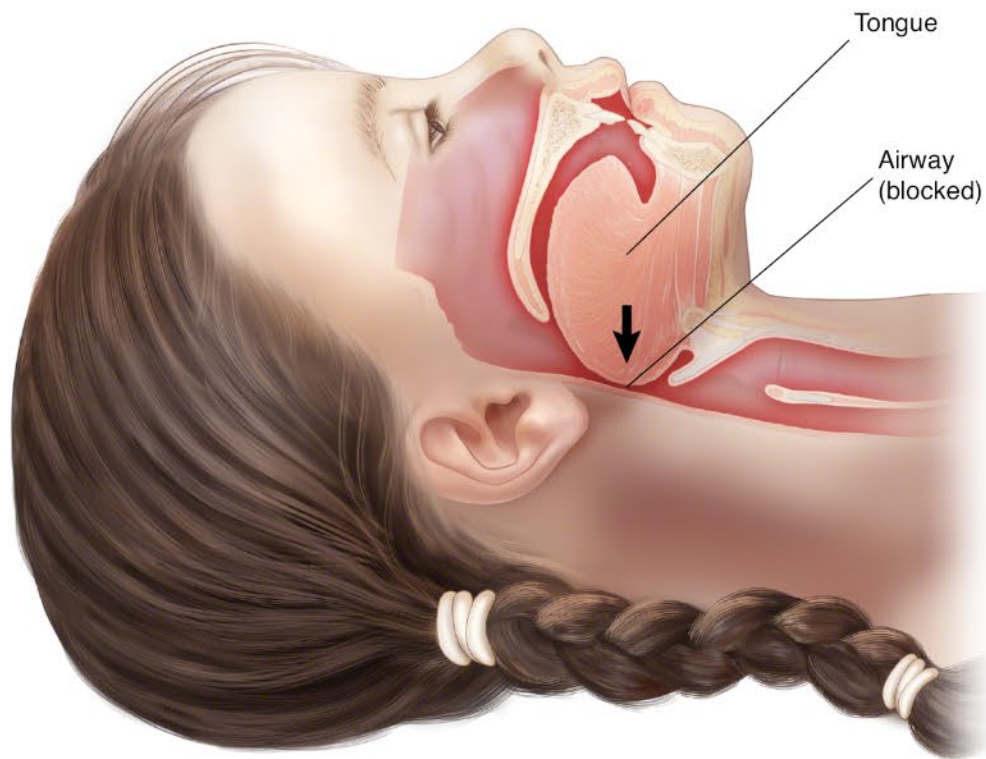
CHILD CPR

Demonstration and Practice



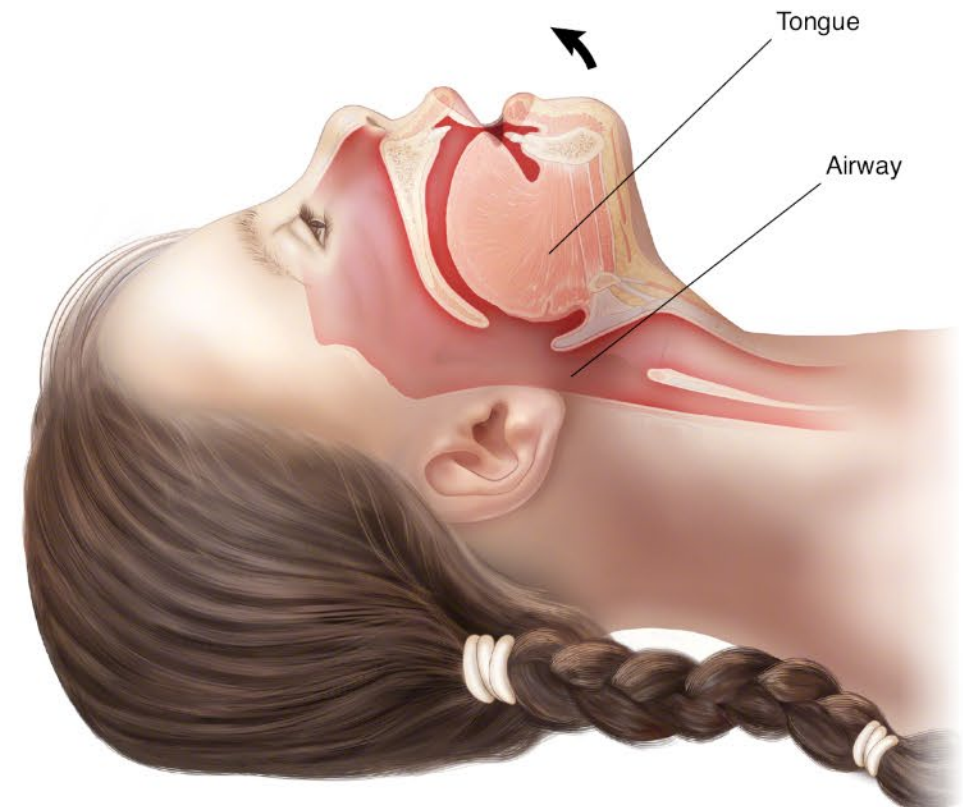
Tilting the Head Unblocks the Airway

Shut Airway



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Open Airway



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CHILD CPR

Role-Play



INFANT CPR

Under 1 year





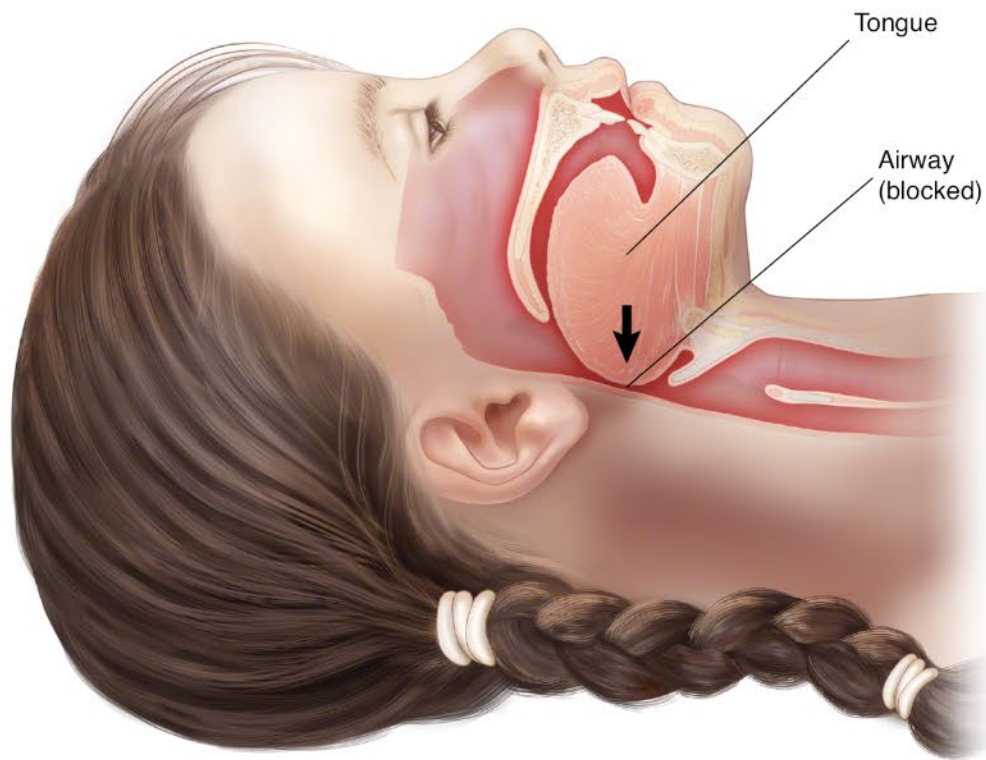
INFANT CPR

Demonstration
and Practice



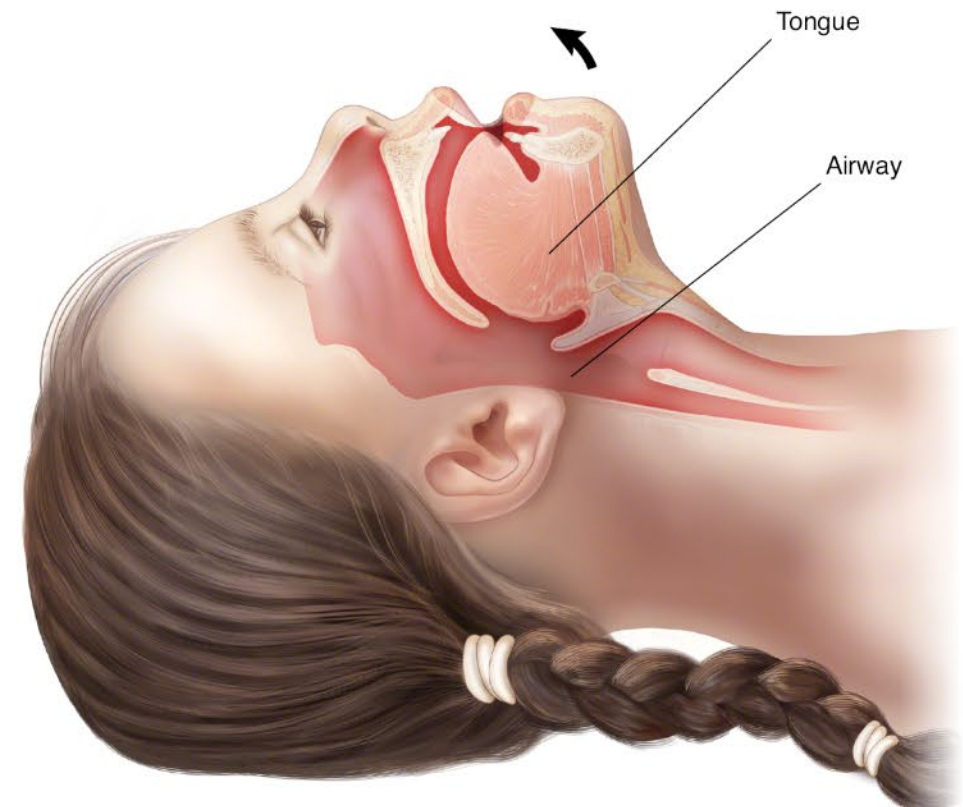
Tilting the Head Unblocks the Airway

Shut Airway



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Open Airway



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INFANT CPR

Role-play



Your Grandparent Role





Saying No

Physical limitations

Energy level

Patience and temperament

Availability

Preferences

IMPORTANT INFORMATION

Contact
Information

B-E-S-T
Babysitting
Information

Other
Information



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