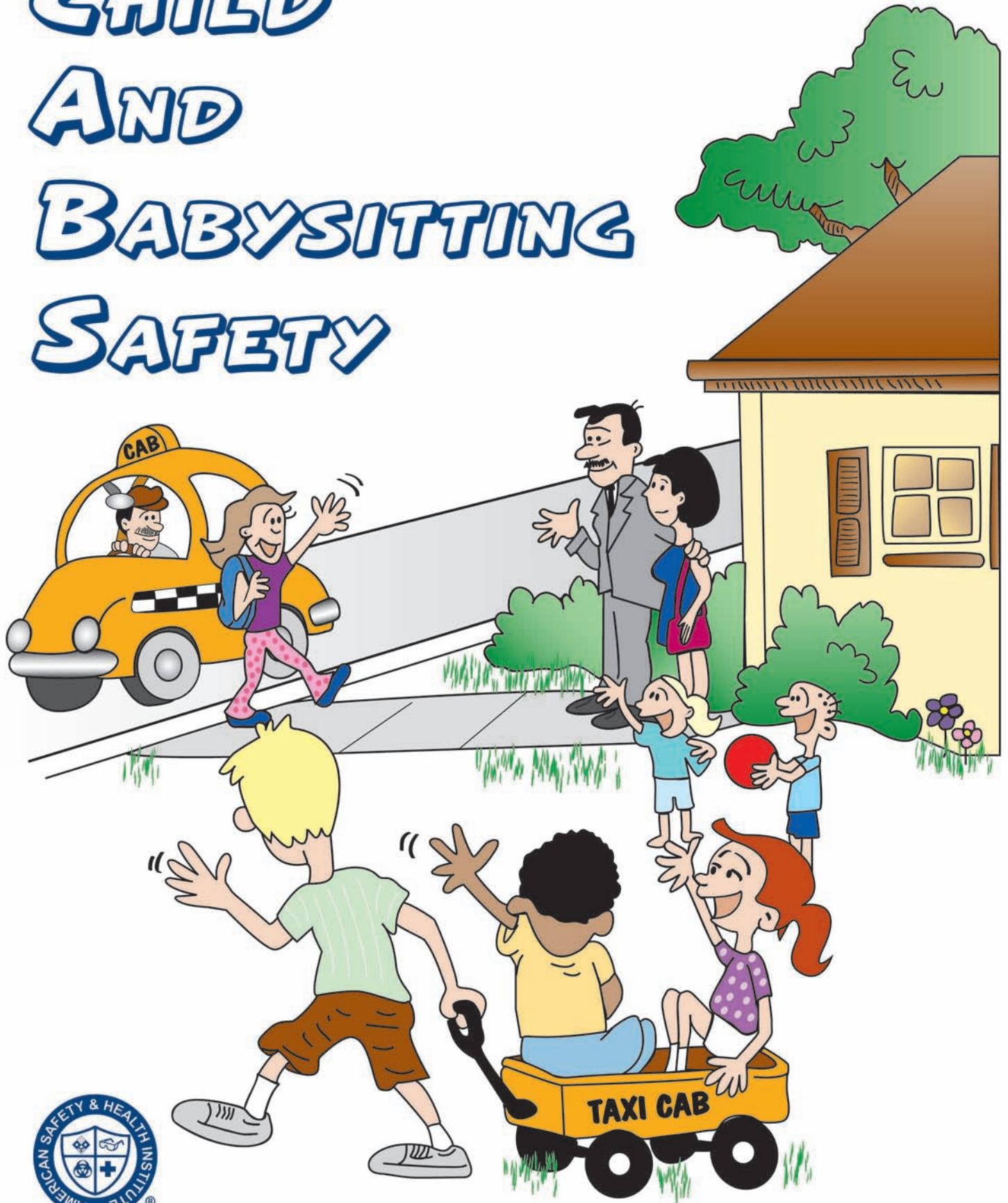


CHILD AND BABYSITTING SAFETY



Contents

Introduction	2
Starting Your Business.....	3
Before The Parents Leave.....	4
Playtime.....	5
Taming the Tots.....	6
We Shake Rattles, Not Babies.....	7
Telephone Calls.....	8
When A Stranger Knocks	8
Handwashing	9
Water Hazards	10
Infant Feeding	10
Child Feeding	11
Diapering Procedures.....	12
Infant Sleep Time	14
Child Sleep Time	15
Providing Emergency Care	16
Choking and CPR.....	17
Basic First Aid Care.....	21
• Accidents Can Happen	21
• Why Are Children Injured?	21
• Bleeding Emergencies	23
• Shock.....	24
• Burn Care	25
• Fire Safety.....	26
• Strains and Sprains.....	28
• Dislocations and Fractures.....	28
• Head, Neck or Spinal Injury	29
• Medical Emergencies/Sudden Illness.....	29
• Poisoning.....	30
• Asthma, Diabetic Emergencies	31
• Insect Stings, Snake Bites	32
• Heat or Cold-Related Emergencies	32-33
• Specific Body Injuries and Care	
• Eye Injury, Blister Care, Chest Wound, Dental Injuries	34
• Nose Bleed Care, Severed Body Part, Animal/Human Bites, Infection.....	35

CABS PROGRAM

Child And Babysitting Safety

The number one priority of this book is to keep you and the children you care for safe. Babysitting is not just “watching” the children, but being responsible for their safety and well being. When you are caring for a child, you are taking care of a parent’s most prized possession. Everything in their home and your own home can be replaced — everything, that is, except a child. Babysitting is a big responsibility.

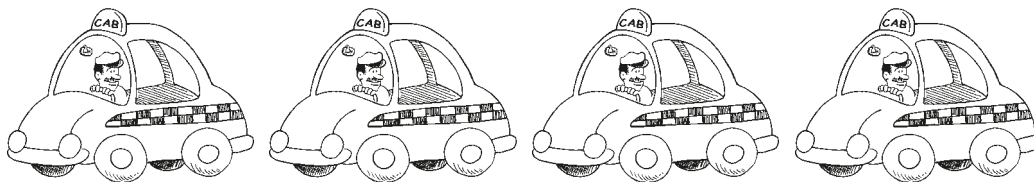
The American Safety & Health Institute would like to congratulate you for attending the CABS training program. Parents and guardians will be pleased that you are well prepared.



Starting Your Business

When you make the decision to become a babysitter, you have just become a business owner. Whether it's "Elizabeth's Babysitting Service" or "Christopher's Babysitting," you are the owner. You also are the one who decides how successful your business is going to be. If you're a great babysitter, your business will thrive. If you're a not-so-great babysitter – well, let's just say the business may soon be out of business. Every business needs a business plan. Below are some tips to help make your business a success.

Good Luck to you!



- Know the parents. Be careful! Don't accept jobs from people you or your parents don't know. It's not safe for you to care for strangers.
- Keep a file of all the children you care for. List the parent's name(s), the children's name(s) and ages. It's also a good idea to keep track of their likes and dislikes.
- Meet the children before your actual babysitting begins. This allows you and the children to get to know each other.
- Find out ahead of time what the parents pay for babysitting. If they ask you what your fee is, be prepared to tell them. Don't say, "Whatever you want." You may end up with one dollar for ten hours of babysitting.
- Make it clear who is responsible for transportation.
- Bring your own set of toys, books or movies for the children. You can make your own grab bag of special surprises. Garage sales, rummage sales or yard sales are excellent places to find good used toys. Make sure the toys are safe and appropriate for their age. No small parts for younger children.
- Be fun. Engage in active play. Be attentive. Listen to them. Engage in meaningful conversation.
- Be honest and never lie to the parents. Never promise the child you won't tell their parents.
- You may want to expand your training by enrolling in a CPR and Basic First Aid course. Check with your local school, fire department, or hospital to find out about classes.
- Have Fun!

Before The Parents Leave

There is important information you need before the parents leave. If the parents have not already furnished this information, it then becomes your responsibility to get it. Refer to the inside back cover for "Babysitter's Job Information Sheet." This is a reproducible form that you can take with you to make sure that you have all of the information you need before the parents leave. Use one form per child. Keep the form neat and up-to-date. Give it to EMS workers, firefighters or police officers in an emergency.

Babysitter's Job Information Sheet
 Use one form per child. Keep form up-to-date and give to EMS/fire/police in an emergency

Job Address: _____
 Directions: _____
 Phone Number: _____
 Child's Name: _____ Birthdate: _____

GUARDIAN INFORMATION
 Title: Mr./Mrs./Ms. _____
 Name: _____
 Phone: (____) _____
 and/or
 Title: Mr./Mrs./Ms. _____
 Name: _____
 Phone: (____) _____

MEDICAL HISTORY (Please check the following that apply)
 Asthma Diabetes Vision Problems Seizures Hemophilia
 Hearing Loss Respiratory Cardiovascular Bee Sting Allergy
 Digestion Urinary Kidney Physical Limitations

Allergies: _____
 Restricted activities: _____
 Prescription medication: _____ Phone: _____
 Children's doctor: _____
 Health Insurance Company, Group Number and ID Number: _____

Poison Help: 1-800-222-1222

SPECIAL INSTRUCTIONS:
 Bedtime Routine: _____
 Meals/Snacks: _____
 Discipline Techniques: _____

AUTHORIZATION FOR EMERGENCY CARE
 If the parents/guardians named on this sheet cannot be reached at the time of an emergency, and if medical observation or treatment is urgent, I hereby authorize the child to be transported via ambulance to the most appropriate hospital.
 Parent/Guardian Signature _____ Date _____

Please reproduce and use this form!
 American Safety & Health Institute® • www.ashinstitute.org • 1-800-682-5067

