

Child and Babysitting Safety

The *Child and Babysitting Safety (CABS)* program from ASHI and MEDIC First Aid gives teenagers and young adults everything they need to know for safe and successful babysitting. From getting started with their business, to relating with parents and children, to key safety, caregiving, and first aid tips, the magazine-format CABS guide and vlogger-style video make learning fun.

Intended audience

Teens and young adults interested in a babysitting business, or who have responsibility for younger family members.

Class configurations

- Max student to instructor ratio: 12 to 1

Approved training materials

Instructor materials

- CABS Instructor Guide (one per instructor, print or digital)
- CABS presentation media (Video, PowerPoint, or Blended)

Student materials

- CABS Student Book

Digital resources

- Streaming video player
- Desktop video player (for offline use)
- Updated user interface for blended learning platform
- Track past, present, and future classes through TC portal
- Mobile app, including offline mode

Successful completion (certification)

- **Written evaluation:** Not required for certification unless required by organizational policy.
- **Performance evaluation:** All students must perform required skills competently without assistance.

Recognized certification period

- Up to 2 years

Recommended time to complete

- **Initial Training:** 4 hours
- Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.



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Course Topics

Becoming a babysitter

- What is a babysitter

Preparing to babysit

- Thinking like a babysitter
- Being ready to babysit
- Babysitting business basics
- Getting to know the family

Staying safe

- Safety on the job
- Safe and supervised

Taking care of kids

- Caring for kids and their basic needs
- Handwashing and hygiene
- Food preparation
- Diapers and helping kids use the bathroom
- Playtime
- Managing challenging behavior
- Naps and bedtime

When things go wrong

- Recognizing a problem
- Taking action
- Getting help
- Before help arrives

You can do it!

- Bringing it all together

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