cabs
Child and Babysitting Safety

becoming a babysitter
preparing to babysit
staying safe
taking care of kids
when things go wrong
you can do it!

MEDIC First Aid

AMERICAN SAFETY HEALTH INSTITUTE
CABS
Child and Babysitting Safety
Student Book, Version 8.0

Purpose of this Guide
This ASHI/MEDIC First Aid CABS (Child and Babysitting Safety) Version 8.0 Student Book is solely intended to facilitate certification in either the ASHI Child and Babysitting Safety training class or the MEDIC First Aid Child and Babysitting Safety training class. The information in this student book is furnished for that purpose and is subject to change without notice.

ASHI certification may only be issued when an ASHI-authorized instructor verifies a student has successfully completed the required core knowledge and skill objectives of the program.

MEDIC First Aid certification may only be issued when an MEDIC First Aid-authorized instructor verifies a student has successfully completed the required core knowledge and skill objectives of the program.

Notice of Rights
No part of this ASHI/MEDIC First Aid Child and Babysitting Safety Version 8.0 Student Book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, without written permission from the American Safety & Health Institute.

Trademarks
The HSI logo, ASHI logo, and MEDIC First Aid logo are registered trademarks of Health & Safety Institute or its affiliates.

Disclaimer
HSI has used reasonable effort to provide up-to-date, accurate information that conforms to generally accepted treatment recommendations at the time of publication. These recommendations supersede recommendations made in previous ASHI/MEDIC First Aid programs. Science and technology are constantly creating new knowledge and practice. Like any printed material, this publication may become out of date over time. Guidelines for safety and treatment recommendations cannot be given that will apply in all cases/scenarios as the circumstances of each incident often vary widely. Signs and symptoms may be incomplete and can vary from person to person. Do not use the information in this program as a substitute for professional evaluation, diagnosis, and treatment from an appropriately qualified physician or other licensed healthcare provider. Local or organizational physician-directed practice protocols may supersede treatment recommendations in this program.

Most states do not have regulations or laws about when a child is considered old enough to care for him/herself or to care for other children.

States may have guidelines or recommendations. These guidelines are most often distributed through child protective services and are administered at the county level. Child and Babysitting Safety is not designed to meet state regulatory requirements for child care workers and should not be used for this purpose.
## Contents

### becoming a babysitter

1. **What is a Babysitter?**
   - A Babysitter’s Job
   - What Parents Want
   - You Can Do This!

### preparing to babysit

3. **Thinking Like a Babysitter**
   - Take Your Job Seriously
   - Stay Focused

4. **Being Ready to Babysit**
   - Age and Maturity
   - Talk to Your Parents
   - Be Comfortable or Don’t Go

5. **Babysitting Business Basics**
   - Babysitting as a Business
   - Sample Resume

### staying safe

16. **Safety on the Job**
   - Safety
   - Before Parents Go
   - Stay in Touch
   - Safety Check
   - How to Deal with Hazards
   - On the Job and Emergency Contact Information Form

19. **Safe and Supervised**
   - Supervising Children
   - Incoming Visitors or Calls
   - Inside vs. Outside

### taking care of kids

21. **Caring for Kids and Their Basic Needs**
   - Helping Kids

22. **Handwashing and Hygiene**
   - Avoid Spreading Germs
   - Helping Children Wash

24. **Skill Guide 1 — Handwashing**

25. **Food Preparation**
   - Meals and Snacks
   - Keeping It Clean
   - What’s on the Menu?
   - Getting Ready to Eat
   - Preparing a Bottle
   - Feeding at All Ages

28. **Skill Guide 2 — Preparing a Bottle — Breast Milk**

29. **Skill Guide 3 — Preparing a Bottle — Formula**

30. **Skill Guide 4 — Bottle-Feeding an Infant**
### Taking Care of Kids (Continued)

#### Diapers and Helping Kids Use the Bathroom

- An Essential Part of Babysitting
- Diapering
- Changing a Diaper
- Potty-Training

<table>
<thead>
<tr>
<th>Page</th>
<th>Skill Guides</th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td>Skill Guide 5 – Changing a Disposable Diaper</td>
</tr>
<tr>
<td>36</td>
<td>Skill Guide 6 – Changing a Cloth Diaper</td>
</tr>
</tbody>
</table>

#### When Things Go Wrong

- 43 Recognizing a Problem
  - Unexpected Problems
- 44 Taking Action
  - Personal Safety
  - You Can Help
- 45 Getting Help
  - You Aren’t Alone

#### Playtime

- Age-Appropriate Games
- Keeping Things Clean

#### Managing Challenging Behavior

- Building Cooperation
- When Kids Get Upset
- Challenging Behavior
- A Babysitter’s Response
- How to Comfort a Crying Baby

#### Naps and Bedtime

- Rest Time
- Sleep Routines
- Safe Sleep for Infants

#### Before Help Arrives

- What You Can Do
- Injuries and Illnesses

<table>
<thead>
<tr>
<th>Page</th>
<th>Skill Guides</th>
</tr>
</thead>
<tbody>
<tr>
<td>52</td>
<td>Skill Guide 7 – Initial Assessment</td>
</tr>
<tr>
<td>53</td>
<td>Skill Guide 8 – Recovery Position</td>
</tr>
<tr>
<td>54</td>
<td>Skill Guide 9 – Choking — Children</td>
</tr>
<tr>
<td>55</td>
<td>Skill Guide 10 – Choking — Infants</td>
</tr>
<tr>
<td>56</td>
<td>Skill Guide 11 – Control of Bleeding</td>
</tr>
</tbody>
</table>

#### You Can Do It!

- 57 Bringing It All Together
  - How Did It Go?
  - From Start to Finish

#### Additional Information

- 59 Sources
- 60 Glossary Terms
- 63 Knowledge Check Answers
- 65 Rate Your Program
What is a Babysitter?

A Babysitter’s Job

A babysitter is someone who cares for children who are too young to be left alone. A babysitter’s job:

- Lasts a short time while parents are away or busy.
- Is to make sure that the kids cared for are safe and have their basic needs met.

A good babysitter:

- Keeps an eye on children during playtime, meals, and rest.
- Helps keep the kids clean.
- Helps little kids with using the bathroom and diaper changes if needed.
- Knows what to do and who to call when something goes wrong.
- Can keep herself and the children safe.
- Wants to create a fun, positive environment.
- Is friendly, kind, and respectful to both kids and parents.
What Parents Want

Parents care deeply about the safety and well-being of their children. Parents may feel anxious leaving their kids with a babysitter or stressed about whether the child will behave well or be able to communicate clearly.

Parents want to hire a babysitter who:

- Likes children and wants to spend quality time with their kids.
- Is honest, trustworthy, and dependable.
- Is able to listen well and follow instructions.
- Feels comfortable asking questions or asking for help.
- Feels comfortable asking questions or asking for help.
- Is respectful of the home and house rules as a helper and guest.

You Can Do This!

Babysitting is a big responsibility, but it can also be a lot of fun!

- It’s a great way to make money.
- It gives you experience for future jobs.
- You get to be a role model for children.

You probably already have a good idea of what is and is not safe when babysitting.

- Have experience as a babysitter or mother’s helper? This training will improve your skills even more!
- New to babysitting? You aren’t expected to know everything right away. Feeling comfortable caring for children takes time and practice. This training will prepare you with skills you can use right away.

Have confidence in your abilities. By taking this class, you are showing that you care about being a good babysitter.

Knowledge Check

What is a babysitter’s job?