

# Safe Sitter® Class

## Safe Sitter® Class Content

### Babysitting as a Business



Students learn how to screen jobs for their safety and ability level, as well as what information to leave with their parents and get from their employers.

Students learn what to do if an infant or child chokes. Students are individually tested using CPR manikins.



### Infant & Child Choking Rescue

### Injury Prevention & Injury Management



Students learn a system to evaluate the severity and urgency of a problem and determine how to get help. Students learn to prevent injuries by learning how, why, and where injuries can occur.

Students learn how to prevent problem behavior in addition to a system to determine the severity and urgency of the problem behavior.



### Behavior Management

### Safety for the Sitter



All aspects of staying safe are discussed for those home alone or babysitting. Students learn how to react to a variety of threatening situations from power failures to prowlers.

Students learn the basics of child development from infants to school age children. Practice is included for skills like feeding and diapering.



### Child Care Essentials

### Infant and Child CPR



In some classes, business skills are condensed to allow students learn infant and child CPR techniques.

## About Safe Sitter®

Safe Sitter® was founded in 1980 by Indianapolis pediatrician Patricia A. Keener, M.D. after a colleague's 18-month-old choked to death while under an adult sitter's care. Dr. Keener developed Safe Sitter® as a medically accurate instructional program designed for teens no younger than 11, the age when many begin to stay home alone or watch younger siblings.

## Safe Sitter® Mission

The mission of Safe Sitter® is to provide life skills, safety skills, and child care training to all youth in order to build safer communities.

**SAFE**  
SITTER®