

Homeschooling Rescue & Recreation Program

“Homeschooler R&R Program”



-Courses provides CEU credits-

Week 1: Babysitting Basics & CPRO Introduction

Main Goal: Develop core babysitting skills and introduce advanced CPR concepts for professional rescuers.

- **Day 1 (3 hours):**
 - **Babysitting Basics (3 hours):**
 - Responsibilities, communication with parents, safety, and injury prevention.
 - Discuss common emergencies in babysitting and how to manage them.
- **Day 2 (2 hours):**
 - **Babysitting Essentials (2 hours):**
 - Infant and toddler care (feeding, diapering, napping).
 - Introduction to behavior management and emergency protocols.
- **Day 3 (3 hours):**
 - **Babysitting Emergency Response (2 hours):**
 - Role-playing scenarios for managing injuries and illnesses.
 - **CPRO Introduction (1 hour):**
 - Overview of CPR for Professional Rescuers, discussing the differences from standard CPR.
- **Day 4 (2 hours):**
 - **CPRO Basics (2 hours):**
 - Basic life support (BLS) introduction.

- Role of a professional rescuer, legal considerations, and team-based response.
 - **Day 5 (3 hours):**
 - **CPR for Professional Rescuers (3 hours):**
 - Adult and child CPR introduction.
 - Airway management and checking for breathing and pulse.
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Week 2: Advanced CPR for the Professional Rescuer

Main Goal: Focus on in-depth CPR skills required for professional rescuers.

- **Day 6 (3 hours):**
 - **CPR for Infants and Children (3 hours):**
 - 2-person CPR techniques for infants and children.
 - Using rescue breathing and pulse checks for infants and children.
 - **Day 7 (2 hours):**
 - **CPR/AED Integration (2 hours):**
 - Using an AED in an emergency for adults and children.
 - Team CPR with AED and oxygen administration.
 - **Day 8 (3 hours):**
 - **CPR Scenarios (3 hours):**
 - Hands-on practice in simulated emergency scenarios (cardiac arrest, drowning, etc.).
 - Rescue breathing and bag-valve-mask (BVM) techniques.
 - **Day 9 (2 hours):**
 - **First Aid Integration (2 hours):**
 - Administering advanced first aid in emergencies (bleeding control, fractures, spinal injuries).
 - Connecting first aid with CPR response.
 - **Day 10 (3 hours):**
 - **Advanced Airway Management (3 hours):**
 - Airway obstruction, conscious choking, and unconscious choking techniques.
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Week 3: Emergency Preparedness Focus

Main Goal: Build comprehensive emergency preparedness skills and integrate them with professional rescuer responses.

- **Day 11 (3 hours):**
 - **Introduction to Emergency Preparedness (3 hours):**

- Types of emergencies (natural disasters, medical, fire, chemical incidents).
 - Discuss how professional rescuers prepare and respond.
 - **Day 12 (2 hours):**
 - **Emergency Action Plans** (2 hours):
 - Creating emergency action plans for families and groups.
 - Assembling and maintaining emergency supply kits.
 - **Day 13 (3 hours):**
 - **Evacuation Drills & Scenarios** (3 hours):
 - Evacuation procedures and drills for different types of emergencies (fire, floods).
 - Applying professional rescuer techniques in high-stress situations.
 - **Day 14 (2 hours):**
 - **First Aid for Natural Disasters** (2 hours):
 - Treating injuries during natural disasters (fractures, bleeding, burns).
 - Role of a professional rescuer in providing care until help arrives.
 - **Day 15 (3 hours):**
 - **Scenario Day** (3 hours):
 - Simulated emergencies combining evacuation, first aid, and CPR skills.
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Week 4: Integration of Skills & Certification Prep

Main Goal: Apply all skills learned in simulated real-world scenarios and prepare for certification assessments.

- **Day 16 (3 hours):**
 - **Babysitting Practice with CPR Integration** (3 hours):
 - Advanced babysitting scenarios where students respond to common emergencies, integrating CPR and first aid knowledge.
- **Day 17 (2 hours):**
 - **CPRO Advanced Practice** (2 hours):
 - Scenario-based training with 2-rescuer and team CPR, including AED use.
- **Day 18 (3 hours):**
 - **Emergency Preparedness Simulation** (3 hours):
 - Simulating full-scale emergencies (medical, fire, chemical) where CPR and emergency preparedness plans are implemented.
- **Day 19 (2 hours):**
 - **Skills Review and Practice** (2 hours):
 - Review all key skills: CPR, AED, choking response, first aid, and emergency preparedness.
- **Day 20 (3 hours):**
 - **Certification Day** (3 hours):

- Final assessment and practical evaluation for **CPR for Professional Rescuers**, babysitting, and emergency preparedness.
 - Completion of Red Cross certification requirements.
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Summary of Time Allocation:

- **Babysitting:** 10 hours
- **CPRO (CPR for Professional Rescuers):** 15 hours (Certification focus)
- **Emergency Preparedness:** 10 hours

By the end of this month-long curriculum, participants will be equipped with advanced CPR skills required for professional rescuers, babysitting knowledge, and comprehensive emergency preparedness, ready to obtain certifications in all areas through the **American Red Cross**.