



AMERICAN SAFETY &
HEALTH INSTITUTE

MEDIC
First Aid

EMS
SAFETY



Topics Covered

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