

# Child And Babysitting Safety (CABS)

## A course for building a safe and successful babysitting business

Babysitting is usually a teenager's first attempt at building and running a small business. *Child and Babysitting Safety (CABS)* course comes in a magazine-format guide designed to engage and inform the aspiring babysitter. It gives teenagers everything they need to know, from getting started, to dealing with parents and children, to key safety, caregiving, and first aid tips.

### A fun, easy-to-read magazine

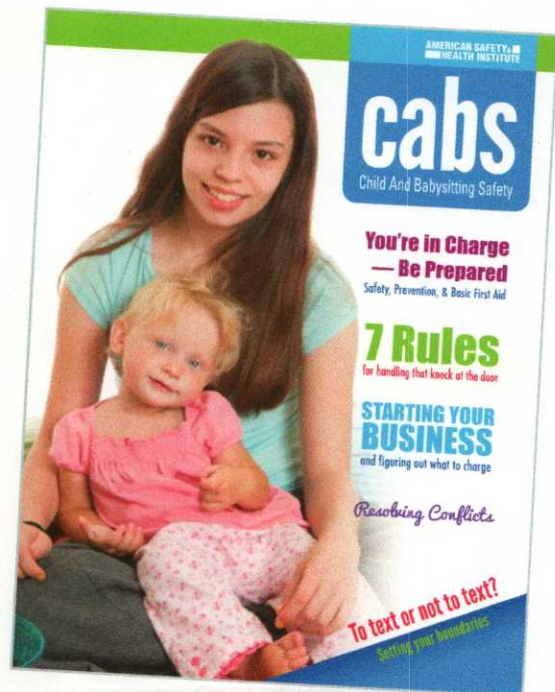
The CABS course manual gives teenagers essential information, but it doesn't read like a textbook. We've broken childcare and babysitting down into sections, combining practical information with graphics and images designed to pull teenagers in and keep them engaged.



**AMERICAN SAFETY & HEALTH INSTITUTE**  
We Make Learning to Save Lives Easy.™

### Course highlights include:

- ✓ **Babysitting as a Business**  
— Everything a teenager needs to know to get started
- ✓ **Safety and Injury Prevention**  
— Guidelines to make sure that everyone stays safe
- ✓ **Leadership**  
— Strategies to build confidence when responding to conflict
- ✓ **Play Time**  
— Tips on age-appropriate play and staying involved
- ✓ **Basic Caregiving Skills**  
— Feeding, burping, diapering, and safe sleep practices
- ✓ **First Aid**  
— The knowledge to go with the responsibility



CPR for People and Pets LLC

541 404 8273

bootcamp@cprforpeopleandpets.com • www.cprforpeopleandpets.com

CABS helps teenagers develop the skills and confidence to become great babysitters.

## A curriculum to build peace of mind in babysitters and parents

Sending a teenager out in the world can be nerve-wracking — as much as leaving your children in the care of one! The new CABS course can help build peace of mind in everyone concerned, by giving teenagers a proven, effective way to care for children.

### COURSE HIGHLIGHTS

#### Getting started



- ▶ Introduction to babysitting
- ▶ Job information sheet
- ▶ Help the parents get to know you
- ▶ What to cover before the parents leave

#### Safety and injury prevention



- ▶ Telephone safety
- ▶ Personal calls and texting
- ▶ Hazards
- ▶ SIDS awareness

#### Leadership



- ▶ You're in charge — but you're not the parent
- ▶ Negotiations
- ▶ Conflict resolution
- ▶ Setting boundaries

#### Play Time



- ▶ Keeping kids entertained and active
- ▶ Tips for infants, toddlers, pre-school, and school-age
- ▶ Staying involved
- ▶ Bringing your own toys

#### Basic Caregiving Skills



- ▶ Hand washing
- ▶ Feeding infants and children
- ▶ Diapering
- ▶ Infant safe sleep practices

#### First Aid



- ▶ Recognizing an emergency
- ▶ Cuts and scrapes
- ▶ Caring for burns
- ▶ Choking

**CABS helps teenagers develop the skills and confidence to become great babysitters.**

Training Made Easy with MEDIC First Aid

# PEDIATRICPLUS

## CPR, AED, AND FIRST AID FOR CHILDREN, INFANTS, AND ADULTS

Choose the pediatric emergency care program specifically designed for childcare providers. Based on national standards including the latest CPR guidelines and *Caring for Our Children, 3rd Edition*, this comprehensive program helps meet diverse job requirements for pediatric health and safety training.

### Easy for your people...

- Quality training that covers CPR, AED, and first aid for children, infants, and adults, with optional enhancement topics
- Real-life scenario videos, full-color print materials, and easy-to-understand course content
- Offers a 2-year certification
- Better retention with refresher lessons through LearningLinks and MEDIC First Aid Passport

### Easy for you...

- Flexible training options including traditional classroom or blended learning
- A structured approach to learning that ensures consistent training across multiple locations
- Your best choice for training confident responders



### Course topics include:

- Preparing to respond
- Patient assessment
- Sudden Cardiac Arrest
- CPR for children, infants, and adults
- Automated External Defibrillators (AEDs)
- Common first aid emergencies such as choking, bleeding, shock, and limb injuries

**MEDIC**  
**First Aid**

We make learning to save lives easy!®

## CPR for People and Pets LLC

North Bend, Oregon

541 404 8273

[www.cprforpeopleandpets.com](http://www.cprforpeopleandpets.com) | [bootcamp@cprforpeopleandpets.com](mailto:bootcamp@cprforpeopleandpets.com)

