

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.

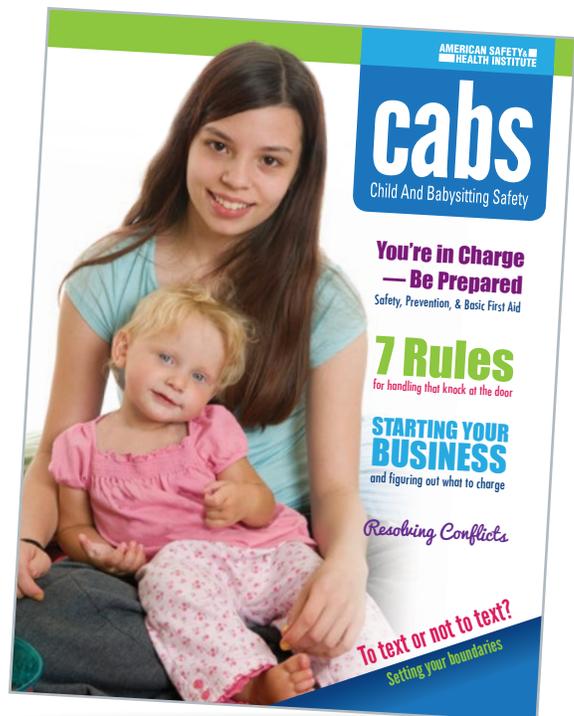
A fun, easy-to-read magazine

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.



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



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.

C O U R S E H I G H L I G H T S

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.