



# Canadian Red Cross Babysitting Course

Canadian Red Cross

## Fact Sheet *for Parents*

### Valuable Training You Can Trust

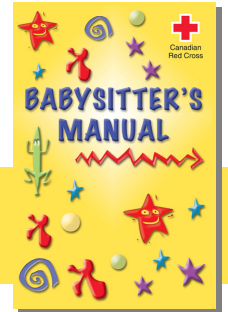
The Babysitting Course incorporates the latest injury prevention standards.

The course is taught by well-trained facilitators who are certified in first aid and who have a strong teaching background.

The course content was reviewed by leading health and youth organizations, including *Health Canada, SMARTRISK, Safe Kids Canada, Fire Prevention Canada, Scouts Canada, RespectED*, and *Canadian Agricultural Safety Association*.

This course is endorsed by the Girl Guides of Canada.

### Help your child build valuable skills for a lifetime. As a trained babysitter, your child will learn:



- Basic skills to care for babies, toddlers, preschoolers, and school-age children
- How to care for himself/herself and siblings when home alone
- How to create a safe environment, and deal with phone calls and unexpected visitors
- How to react confidently in case of an emergency, such as choking, bleeding, poisoning, or burns
- How to cope with common problems, such as tantrums and crying
- Games and activities to keep kids of all ages entertained
- How to manage a babysitting business, including creating a resumé and a business card, and asking the right questions before accepting a babysitting job

### Course Features:

- Developed for youth 11 to 15 years of age
- Can be completed in one day or in sections over several days/weeks
- Focuses on five main areas: child caregiving, first aid, injury prevention, leadership, and business skills
- Youth learn through interactive, fun activities, and problem-solving scenarios and practice
- Participants receive the Canadian Red Cross *Babysitter's Manual*, which includes key information on caring for kids of different ages, as well as an emergency contact form, sample resúmes, business cards, glossary, and more
- Participants receive a wallet card that confirms they have completed the course

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**Safe + Sound**  
FIRST AID TRAINING

