

# **BABYSITTER SAFETY COURSE**

## **Offered through the East Windsor Parks & Recreation**

**Babysitter Safety 101:** This course is for youth's in grade 5 to 12/13 years of age. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Course is 4 hours. CD book, handouts and Babysitter Safety Certificate of completion included.

**When:** March 12th and March 13th  
**Where:** East Windsor Middle School  
**Time:** 3:00 p.m. - 5:00 p.m.  
**Cost:** \$40

**Advanced Babysitter Safety 102:** This course is for youth's 13 to 16 years of age with a sincere interest in advanced concepts and skills of First Aid including CPR certification. **Pre-requisite is Babysitter Safety 101 within the past 360 days.** Building on the entry level skills, objectives for this scenario based, expanded course includes additional First Aid concept, Adult/Child and Infant CPR. Requires written and skills testing to be awarded an American Heart Association 2 year certification. Course is 2.5 hours. This class is to be completed in one session. Includes CD book, handouts and Rescue Shield breathing barrier device.

**When:** March 19th  
**Where:** East Windsor Middle School  
**Time:** 3:00 p.m. - 5:30 p.m.  
**Cost:** \$40

In order for each class to be held, there must be a minimum of 10 participants in each class. All checks need to be made payable to the East Windsor Parks & Recreation. Registration forms are available through the Parks & Recreation Office or on our website [www.eastwindsor-ct.gov](http://www.eastwindsor-ct.gov). Please call the Parks & Recreation Office at 860-627-6662 with any questions. **All registrations must be received no later than Thursday, March 7th.**



# **CPR O HEART, LLC**