



# **CHILD AND BABYSITTING SAFETY (CABS)**

The HSI *Child and Babysitting Safety (CABS)* program gives teenagers and young adults everything they need to know for safe and successful babysitting. HSI *CABS* teaches how to start a babysitting business, interact with parents and children, and provides important safety and first aid information using the latest 2020 guidelines.

## Intended audience

Teens and young adults interested in a babysitting business, or who have responsibility for younger family members.

#### **Ratios**

 Student-to-Instructor Ratio: Recommended 6:1, Maximum 12:1

# **Delivery options**

- Traditional Classroom
- Blended Learning

## Instructional elements

## Instructor materials

- CABS Instructor Guide (one per instructor, print or digital)
- CABS Slide Presentation with Embedded Video

#### **Student materials**

· CABS Student Book with Skill Sheets

# Online portal

- Streaming/Offline video presentation player
- Pre-built digital Performance Evaluations
- Track past, present and future classes

# Student certification requirements

- Written evaluation: Not required for certification unless required by organizational policy.
- Performance evaluation: All students must perform required skills competently without assistance.

# Certification period

· 2 years from month of issue

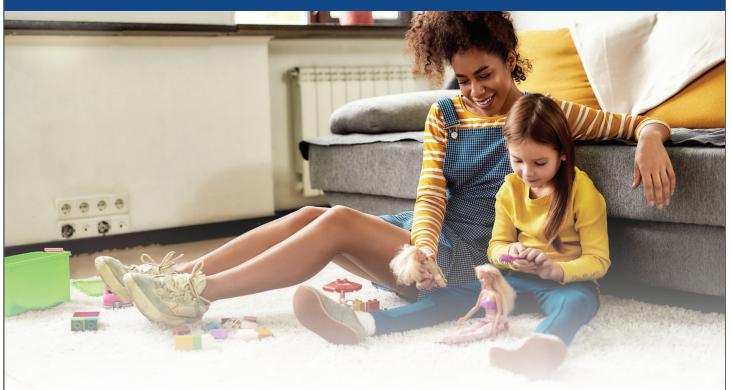
# Recommended time to complete

- Initial Training: About 4 hours
- Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.









# **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