

# SAFESITTER

Designed to prepare 13-15-year-old students to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!



**Friday, June 25, 2021**

**9:00 am – 3:00 pm**

30 Brower Lane  
Hillsborough, NJ 08844

## REGISTRATION INFORMATION

**Class fee is \$125. Students should bring a sack lunch.**

Register early as classes fill quickly!

CALL 908.443.1277  
EMAIL [info@care1stcpr.com](mailto:info@care1stcpr.com)



**Care 1st Training Group**

# SAFESITTER



## SAFE SITTER® CLASS CONTENT



### SAFETY SKILLS

Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.



### FIRST AID & RESCUE SKILLS

Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses.



### LIFE & BUSINESS SKILLS

The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.



### CHILD CARE SKILLS

Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

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