



AMERICAN SAFETY &
HEALTH INSTITUTE

MEDIC
First Aid



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.





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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