



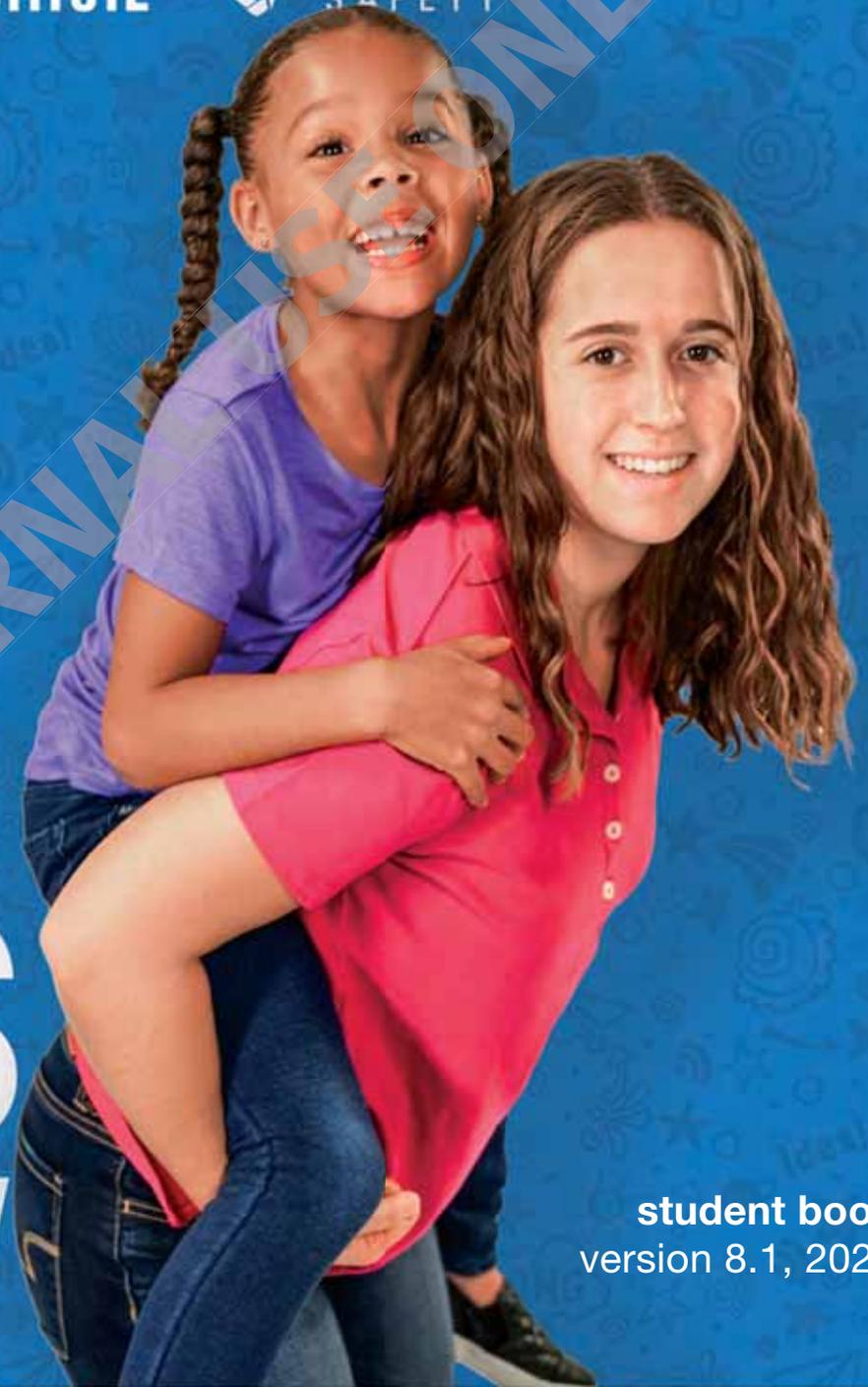
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# cabbs

CHILD & BABYSITTING SAFETY



student book  
version 8.1, 2023

# CABS | Child & Babysitting Safety

## Student Book, Version 8.1

### Purpose of this Guide

This HSI CABS (Child & Babysitting Safety) Version 8.1 Student Book is solely intended to facilitate certification in the HSI Child and Babysitting Safety training class. The information in this Student Book is furnished for that purpose and is subject to change without notice.

HSI Certification may only be issued when an HSI Authorized Instructor verifies a student has successfully completed the required core knowledge and skill objectives of the program.

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Most states do not have regulations or laws about when a child is considered old enough to care for him/herself or to care for other children.

States may have guidelines or recommendations. These guidelines are most often distributed through child protective services and are administered at the county level. Child and Babysitting Safety is not designed to meet state regulatory requirements for child care workers and should not be used for this purpose.

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# What Is a Babysitter?

## BECOMING A BABYSITTER

### A Babysitter's Job

A babysitter is someone who cares for children who are too young to be left alone.

#### A babysitter's job:

- ✔ Lasts a short time while parents are away or busy.
- ✔ Is to make sure that the kids cared for are safe and have their basic needs met.

#### A good babysitter:

- ✔ Keeps an eye on children during playtime, meals, and rest.
- ✔ Helps keep the kids clean.
- ✔ Helps little kids with using the bathroom and diaper changes if needed.
- ✔ Knows what to do and whom to call when something goes wrong.
- ✔ Can keep themselves and the children safe.
- ✔ Wants to create a fun, positive environment.
- ✔ Is friendly, kind, and respectful to both kids and parents.

### What Parents Want

Parents care deeply about the safety and well-being of their children. Parents may feel anxious leaving their kids with a babysitter or stressed about whether the child will behave well or be able to communicate clearly.

#### Parents want to hire a babysitter who:

- ✔ Likes children and wants to spend quality time with their kids.
- ✔ Is honest, trustworthy, and dependable.
- ✔ Is able to listen well and follow instructions.
- ✔ Feels comfortable asking questions or asking for help.
- ✔ Is respectful of the home and house rules as a helper and guest.



the term "parent"



The term "parent" is used throughout this training to describe 1) the grown-up, adult, or caregiver who is raising the child, and 2) your trusted adult who can help you with questions or concerns as a babysitter. Sometimes this is a parent, guardian, or family member, and sometimes not. For simplicity, this training uses "parent" to describe the adult(s) who are normally in charge of the child or the person(s) who can help you as a babysitter.



# BEING READY TO BABYSIT



## Age & Maturity

There is no magic age at which boys and girls are ready to babysit. Two babysitters who are the same age may have different comfort levels with babysitting tasks and responsibilities.

## What type of babysitting jobs are you ready for?

Being a “mother’s helper” means caring for children while a parent is home. This allows you to practice as a babysitter while having support from an adult.

## Can you handle all the tasks and responsibilities while keeping yourself and the children safe?

It’s okay to decide that some babysitting jobs aren’t right for you. If there is any part of a job that you don’t feel is a good fit for you, be honest with yourself and the parents.

It’s better to give a simple “no, thank you, I can’t” than to be in a role you aren’t sure you can handle.



“Mother’s helper”

## Talk to Your Parents

Your parents can be a big help in figuring out what’s right for you as a babysitter.

Get permission from your parents before you start babysitting. Talk to them about:

- ☑ What babysitting jobs are a good fit for you.
- ☑ Helping you practice babysitting with support.
- ☑ Babysitting questions you have.
- ☑ Details of a specific babysitting job.
- ☑ Who will transport you to and from your job.

The term “mother’s helper” is used in this training to describe a babysitter who is caring for children with the support of an adult. The term is somewhat out of date, as “mothers” are not the only primary caregivers who need a helper! But it is used here because you may hear or see it when you are looking for babysitting jobs where an adult is still around but you are in charge of supervising children.



skill guide one  
**HANDWASHING**

# Handwashing & Hygiene



one  
**WET  
& SOAP**

- Wet hands completely with clean running water.
- Apply soap, preferably liquid, and try to avoid extra contact with soap dispenser.



two  
**LATHER & SCRUB**

- Rub hands together quickly to build up bubbles and soap lather.
- Scrub palms together, rub the backs of hands, rub in between fingers, and scrub fingernails in a circular motion on palm.
- Continue scrubbing for at least 20 seconds. Sing “The ABC Song” or “Happy Birthday” twice while rubbing.



three  
**RINSE & DRY**

- Rinse hands completely in clean running water.
- Dry hands on a clean hand towel or paper towel.
- Turn off water using towel.



# diapers



## & Helping Kids Use the Bathroom

### An Essential Part of Babysitting

Helping babies stay clean and dry and helping potty-training kids use the bathroom is a really important part of babysitting. With patience and a good attitude, you can help keep kids clean and comfortable.

### Diapering

There are a lot of different types of diapers that families might use, so make sure to discuss with parents what kind to use and where to dispose of them.

Disposable diapers are most common:

- Tabs wrap around the tummy to secure the absorbent part to baby's bottom.
- These are thrown away in garbage or diaper pail.
- They may have a moisture line that changes color when the diaper is soiled.

There are many versions of cloth and other types of diapers:

- All-in-one cloth diapers
- Cloth diapers with absorbent pad and waterproof outer shell
- Compostable diapers with flushable inserts
- And more!

Talk to parents about where to put parts of a cloth diaper that are dirty and what can be reused.



### Changing a Diaper

Babies and toddlers go through diapers at different rates, but a good rule is to change a child's diaper every two hours, or sooner if you see signs (or smells!) that the diaper is dirty or wet.

Before you change the diaper, make sure everything you need is within arm's reach.

- Clean diapers
- Baby wipes
- A change of clothes
- Diaper cream or ointment (if needed and a parent gives the okay)
- Disposable gloves, if you prefer (parents don't usually provide these)



# Recognizing a PROBLEM

## Unexpected Problems

As a babysitter, it's your responsibility to keep the children you are watching and yourself safe. The best way to keep a problem from happening is to stay in the same room with kids and stay focused on them.

**HOWEVER, THINGS CAN STILL GO WRONG.**

With your training, and assistance from others who are ready to help, you will be able to effectively manage problems when they happen.



When something unexpected happens, think about whether the problem you are facing poses serious danger or can get worse with time.



### SMALL PROBLEM

Not urgent, poses the least risk, but don't delay to prevent it from becoming more serious.



### MEDIUM PROBLEM

Poses some risk, can become more serious fast, should be addressed quickly.



### LARGE PROBLEM

An emergency, someone is in danger, you need to take action immediately.

Serious problems that can threaten the safety of you and the children include:



An illness or injury that occurs suddenly and without warning.



A person, or group of people, who appears threatening.



A location that becomes unsafe.

These types of problems are often unexpected. You may have some confusion and difficulty in recognizing them as problems right away. ***THIS IS NORMAL.***

If you are faced with a sudden and unexpected change:



Pause for a moment.



Make sure it is safe for you.



Try to form a simple, or general, impression of what is going on.

Consider if the change threatens you or the kids you are watching. **If a threat exists, stay as calm as you can.** Try to determine the level of the risk to you and how quickly you need to **react** to it.



## KNOWLEDGE CHECK

How can you recognize if a problem is small, medium, or large?

SAMPLE-INTERNAL USE ONLY

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