



Hackensack University Medical Center Life Support Training Center

Safe Sitter® Babysitter Training

The Safe Sitter® curriculum is designed for young teens in grades 6 to 8, and covers the following areas: safety skills, child care skills, first aid & rescue skills, and life & business skills.

Topics covered in Safe Sitter® include:

- **Safety Skills:** Indoor safety, outdoor safety, online safety, and personal safety.
- **Child Care Skills:** Child development, child care routines (including diapering practice), and behavior management.
- **First Aid & Rescue Skills:** Injury prevention, injury management, and choking rescue. CPR is an optional component.
- **Life & Business Skills:** Screening jobs, setting fees, and greeting employers.

2019 DATES:

Saturday, March 30
Saturday, August 17
Sunday, October 20

TIME AND LOCATION:

9:30 a.m. - 4:30 p.m.
Research Lecture Hall, 2nd Floor
Hackensack University Medical Center
30 Prospect Avenue, Hackensack, NJ

COURSE FEE & INFORMATION:

\$75, includes student manual.

Please note: There is limited enrollment and pre-registration is required. Need-based scholarships are available. Students should bring brown-bag lunch and drink to class.

REGISTRATION:

For registration or more information, please contact the Life Support Training Center at 551-996-2401 or by email at: cprtraining@hackensackmeridian.org



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