

# SAFE SITTER CLASSES

Safe Sitter® Essentials with CPR is a 1-day class designed to prepare students ages 10-15 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 will use manikins to practice rescue skills like choking rescue and CPR!



## SAFETY SKILLS

- Indoor safety
- Outdoor safety
- Online safety
- Personal safety
- Handling emergencies



## CHILDCARE SKILLS

- Child development
- Childcare duties
- Behavior management



## FIRST AID & RESCUE SKILLS

- Injury prevention
- First aid & injury management
- Choking rescue
- CPR



## LIFE & BUSINESS SKILLS

- Job screening
- Setting a wage
- Canceling jobs
- Meeting employers

For more information contact us by phone or email.



(830) 997-1355



[brooke.hodges@createhealthy.org](mailto:brooke.hodges@createhealthy.org)

