

Child and Babysitting Safety (CABS)

A course for building a safe and successful babysitting business

The Child and Babysitting Safety (CABS) program from ASHI and MEDIC First Aid gives teenagers everything they need to know for safe and successful babysitting. The YouTube “vlogger” style presentation of the video brings a youthful and high-energy spirit to the program content presentation, and the colorful magazine format of the student book makes learning fun. From getting started with their business, to working with parents and children, to key safety, caregiving and first aid tips, CABS helps set up teens and young adults for babysitting success.

Course Topics

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
- Hand-washing 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

