

Baby-sitting training offered in April

Written by Holyoke Enterprise

As a certified teaching site, Sterling Regional MedCenter Wellness Services in cooperation with the CSU Extension Service will be offering Safe Sitter, a one-day baby sitter training program on Wednesday, April 3, from 8 a.m.-4 p.m.

Safe Sitter's slogan, "Better sitters today ... Better parents tomorrow," demonstrates its commitment to teaching young adolescents skills they will be able to use the rest of their lives.

The program is medically accurate and designed for 11-14-year-olds. Because accidental injuries are the leading cause of death in children over age 1 in the United States, the immediate goal of Safe Sitter is to reduce the number of accidental and preventable deaths among children being cared for by baby sitters.

Instruction during the one-day program includes how to deal with medical emergencies, including

hands-on practice in basic lifesaving techniques such as rescue breathing. Participants will also learn

about the responsibilities and ethics of safe baby-sitting, age-appropriate entertainment, child

development basics and the business aspects of baby-sitting.

To register, call Tracy at

854-3616 by Friday, March 29. The class is limited to 15 students.

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