

## Red Cross offers free training for baby sitters

Written by Holyoke Enterprise  
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Thanks to a generous grant, the American Red Cross is offering free baby sitter training for northern Colorado youth who might not otherwise be able to afford it.

The course not only trains youth in essential caretaking and lifesaving skills, it also opens doors to economic opportunity by teaching teens business savvy and providing them with certification for what is often their first job.

Through Aug. 31, the American Red Cross Northern Colorado Chapter is offering free babysitter trainings to northern Colorado youth ages 11-15.

The free trainings can be obtained in two ways:

—Organizations, churches, clubs, after-school programs and schools that serve northern Colorado youth can set up a group training for their teens ages 11-15 by contacting Gwen Wernersbach at 303-607-4740 or [Gwendolyn.Wernersbach@redcross.org](mailto:Gwendolyn.Wernersbach@redcross.org).

—Individual youth (or parents) can obtain a coupon code to register for a course online by contacting Gwen Wernersbach.

All free trainings are offered on a first-come-first-serve basis and will be offered until the grant funding is exhausted. If demand is high, this may occur prior to Aug. 31. Eligibility is restricted to organizations and individuals in Larimer, Weld, Morgan, Washington, Logan, Yuma, Phillips and Sedgwick counties.

“Many teens’ first job is as a baby sitter. Baby-sitting is a great opportunity to hone leadership and entrepreneurship skills as well as to earn some income. Having a Red Cross certification provides both essential on-the-job skills and a competitive advantage in the marketplace,” said Erin Mounsey, executive director of the Red Cross Northern Colorado Chapter.

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“We are extremely grateful to an anonymous donor for making this opportunity possible. This free baby sitter’s training supports not only local kids’ education and economic opportunities but also enhances the preparedness level of our community by training youth in lifesaving skills.”

Youth ages 11-15 years old can gain the knowledge, skills and confidence to care for infants and school-age children. The purpose is to provide teenagers with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians.

This training will help participants develop skills in leadership and professionalism, safety and safe play and first aid. Combining video, activities, hands-on skills training and discussion, participants get a complete learning experience and a certification card to show clients. Topics include:

—respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care.

—make decisions under pressure.

—communicate with parents to learn household rules.

—recognize safety and hygiene issues.

—manage young children.

—feed, diaper and care for infants.

To sign up for a class or for more information, visit [www.redcross.org/take-a-class](http://www.redcross.org/take-a-class) .

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