

Who Participates?

- Our course is designed for boys and girls aged 11 to 15. On the day of the class, students are asked to **bring a bag lunch and a baby doll**; we will provide beverages.
- The class is taught by a registered nurse and certified CPR instructor.
- To register in the class, please fill out the attached form and mail to us with a check for \$40. If you need to cancel, please notify us 24 hours in advance so we can refund your payment.



"I need to know that my child is in good hands. It's comforting that our babysitter has the right attitude and the right aptitude."

Mary Jo,
A parent from Sturbridge

"I didn't realize all the things you need to think about. I love kids, and now I'm much more confident in taking care of them."

Jennifer,
A babysitting "graduate"
from Southbridge

***Babysitter Training.
Another example of
Harrington's TLC —
Total Local Care.***

Harrington
HOSPITAL
Total Local Care

100 South Street, Southbridge, MA 01550
(508) 765-3050

BABYSITTER TRAINING

Harrington

HOSPITAL

Total Local Care

Babysitter Training

A Big Responsibility with Big Rewards



Why Is this So Important?

What Do We Offer?

Babysitter Training at Harrington consists of a one-day, six-hour course. The program is supported by our hospital and also from a fee paid by participants.

Students who enroll learn what it takes to become a responsible babysitter. They leave with a booklet full of helpful tips, a special **Harrington Babysitting Card**— and the confidence that results from gaining the following skills:

- How to administer CPR and basic First Aid.
- How to prevent choking.
- How to respond to fires and other emergencies.
- How to hold, feed, and diaper babies.
- How to deal with "stranger danger."
- How to deal with children "acting out."
- How to safely play with children of different ages and prevent injury.
- How to be a creative and considerate caretaker.

Our program was honored with a **Community Champion Award** by the Southbridge Credit Union in 2007.

Whether caring for a younger child or preparing to stay home without supervision, young people need to become attentive to what's happening around them and learn to resolve conflicts without resorting to forceful tactics. Babysitting isn't all about chatting online and watching DVDs. Rather, it's a big responsibility that requires maturity, skills, and confidence.

Parents who hire babysitters want to be assured that they are leaving their children in the care of someone who is skilled and experienced. When parents see the Harrington Babysitting Card, they'll have greater peace of mind that the students will exercise good judgment in unexpected situations.

Ultimately, babysitting should be a fun and rewarding experience!

Mail-in Form

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

Age: _____ (Participant must be 11 years old by class date.)

For class date: _____

Parent or Guardian Name: _____

Sign: _____

Print: _____

Parent or Guardian can be reached at this number on class day:

Phone #1: _____

Phone #2: _____

Babysitter Training plus American Heart Association CPR for Family and Friends.

Fee: \$40. Payment must accompany registration to reserve your place in class. **Make checks payable to Harrington Hospital and mail to: Harrington Hospital, Education Department, 100 South Street, Southbridge, Massachusetts, 01550.** If you must cancel, in order to receive a refund, please call 508-765-3050.



Harrington

HOSPITAL

Total Local Care