



EAST PROVIDENCE RECREATION DEPARTMENT

How to Be a Great Babysitter!

Boys & Girls ages 11-16 are invited to participate in a fast paced, interactive and fun Babysitting course. Students will have lots of hands-on experience learning the American Heart Association CPR, choking and AED techniques for saving a life. Students will learn elements of first aid, child safety, changing and feeding a baby, how to handle an emergency, getting your babysitting business started and the secrets of being known as the best babysitter on the block! Come join us and be one of only 4% of the population who knows how to effectively save a life!

- *Adult/child/infant CPR & choking techniques
- *Use of an AED
- *Babysitting safety and prevention of injury
- *Elements of first aid for the young child
- *Stages of child development/games and activities to play
- *Getting your babysitting business started

Students should bring lunch, drinks and a snack to class.

SATURDAY, MARCH 11, 2023
9AM - 3:30PM

EP Recreation Center, 610 Waterman Ave

\$75 PER PERSON

INCLUDES CERTIFICATE OF COMPLETION AND A T-SHIRT.

Register online: www.eastprovidence.recdesk.com

Instructed by **Catherine Alexander DNP, MPH, RN**, a certified instructor through the American Heart Association with over 30 years of experience in healthcare and a passion for empowering teens to learn these lifelong skills.

For more information call the Recreation Center @ 433-6360

