



Safe Sitter Essentials

Class Content

SAFETY SKILLS

Indoor Safety • Outdoor Safety • Online Safety • Personal Safety
• Handling Emergencies

CHILD CARE SKILLS

Child Development • Child Care Duties • Behavior Management

FIRST AID & RESCUE SKILLS

Injury Prevention • First Aid and Injury Management • Choking Rescue

LIFE & BUSINESS SKILLS

Job Screening • Setting a Wage • Canceling Jobs • Meeting Employers

Class Information

December 28, 2022

9:30 a.m. - 3 p.m.

Chelsea Wellness Center -5HF Conference Room

To Register visit: [Classes & Events | Saint Joseph Mercy Health System \(stjoeshealth.org\)](#) or call 734-593-6269

For more information, visit [ChelseaHospital.org](#)



Safe Sitter® Essentials is a 1-day class designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue!