

The creation of the Safe Sitter class began with a tragedy—the accidental death of a nurse's young child while in the care of a babysitter. In reflecting on her colleague's loss, Dr. Patricia Keener realized that preventable deaths like this happened too often. Her response to the tragedy was a solution, and Safe Sitter was born.

Babysitting is so much more than "sitting with a baby". Accidents are the leading cause of death in children, and Dr. Keener knew that many of them were preventable. She decided that the best way to prevent accidents was proper training for babysitters.

The first Safe Sitter class was conducted in her own child's school. Since that first class of twelve, thousands of young people have completed the course and become Safe Sitters. Here at St. Joseph Regional Health Center, over 750 children have been trained as Safe Sitters.



# Safe Sitter's Ten Competencies

- Skills for airway rescue
- Awareness of the responsibilities of child care
- Focus on injury prevention and personal safety
- Elementary knowledge of the ages and stages of child development
- Systematic approach to injury management
- Introductory interviewing and business skills
- Techniques for basic child care
- Techniques for behavior management
- Ethical and compassionate behavior for babysitting
- Raised awareness of personal limitations and importance of summoning help promptly

The Best Babysitter  
is a Safe Sitter®



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