



Program Outline

| Program: Child and Baby Sitting | |
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| <i>Recommended Initial Course Schedule</i> <i>Break for at least 5 minutes each hour</i> | |
| Section/Topic/Skill | Time (minutes) |
| Section 1: Introduction | 5 |
| Section 2: Starting Your Business | 5 |
| Section 3: Before The Parents Leave | 5 |
| Section 4: Playtime | 30 |
| Section 5: Taming the Tots/We Shake Rattle, Not Babies | 20 |
| Section 6: Telephone Calls/When A Stranger Knocks | 15 |
| Section 7: Hand-washing | 20 |
| Section 8: Water Hazards | 10 |
| Section 9: Infant & Child Feeding | 15 |
| Section 10: Diapering Procedures | 30 |
| Section 11: Infant Sleep Time/Child Sleep Time | 10 |
| Section 12: Providing Emergency Care/Choking and CPR | 30 or 60 Minutes |
| Section 13: Basic First Aid Care | 60 |
| Section 14: Closure | 10 |
| Breaks | 40 |
| Total Approximate Minutes | 335 min |
| Total Approximate Hours | 5.5 hrs. |