

Seconds Save Lives First Aid & Safety Training

Teaching our children to be safe..... because seconds save lives!



The Babysitters Course: Ages 10 – 15 yrs.

- Simple techniques for First Aid
- How to handle emergency situations and what to tell 911
- Learn how to make a 'Babysitters Binder' to stay organized
- Strategies to create a safe and happy environment for children
- Learn how to deal with choking and breathing emergencies
- Skills to foster positive interaction with children of all ages
- Babysitters and families rights and responsibilities
- Tips for finding babysitting jobs
- Basic baby and child care skills
- How to prepare your own resume and business cards
- Basic First Aid and learn about sudden medical conditions
- Demonstration on how to use an Epi-Pen© and an inhaler trainer

Course Dates - Time frame: 8:30-4:30pm

Fri, Nov 7th – Zehrs Market Laurentian – PD DAY

Sun, Dec 7th – Zehrs Market Laurentian

Sun, Dec 14th – Real Canadian Superstore – Highland Road

Fri, Jan 30th – Real Canadian Superstore– Highland Road – PD DAY

Locations:

For Kitchener:

Zehrs Market Laurentian Power Centre: 750 Ottawa St., N.

Real Canadian Superstore: 875 Highland Road West.,

Cost of Courses:

All fees include HST. Payment is made in cash on the day of the course. All courses include a certificate and manual.

Babysitters Course - \$55.00

Home Alone Course - \$38.00

Stranger Danger; Internet Safety & Bullying 101 – \$38.00

What to Bring:

Please send your child with a pen or pencil, 2 nut free snacks and a water bottle. For The Babysitters Course, please also send a doll or a teddy bear the size of a baby and a full lunch.

The Home Alone Course with First Aid: Ages 8 – 12 yrs.

- Simple skills for First Aid: Mannequins, Epi-Pens & Inhalers trainers
- How to handle emergency situations and how/what to tell 911
- How to check for safety & dangers at home and in my community
- What to do if you choke and you are at home alone
- Learn how to deal with choking & breathing emergencies (ABC's)
- Care for bones, burns, bleeding, poisons, asthma & reactions
- What should you do to stay busy and safe when at home alone
- How to use your house key and entering your home
- How to make a small snack that is safe for you to eat & recipes
- Are you responsible enough to be at home on your own?
- Home alone protocol and safety audit
- Develop a Home Fire Escape Plan & Water safety activities
- What to do about phone calls and if someone comes to the door

Course Dates - Time frame: 1:00–5:00pm

Fri, Nov 7th – Real Canadian Superstore – Highland Road – PD DAY

Sat, Dec 6th – Zehrs Market Laurentian

Sat, Dec 13th – Real Canadian Superstore – Highland Road

Fri, Jan 30th, 2015 – Zehrs Market Laurentian – PD DAY

Stranger Danger; Internet Safety & Bullying 101: Ages 7–12yrs.

- Staying safe while walking home alone
- Dealing with strangers at your home and in the community
- How to stay safe around people you know
- Safety Tips – Protecting our children from abuse
- Is your child prepared to avoid and escape from danger? Check list
- Demonstration of basic self defense techniques
- Skills to stay safe while 'surfing' online and on cell phones
- How to deal with strangers on the internet
- Understanding cyber bullying – Skills & Prevention
- What is a bully? Who are bullies? Why are there bullies?
- What to do if you are bullied? Skills and confidence techniques
- How do you help another person who may be being bullied?

Course Dates - Time frame: 8:30-12:30pm

Fri, Nov 7th – Real Canadian Superstore – Highland Road

Sat, Dec 6th – Zehrs Market Laurentian

Sat, Dec 13th – Real Canadian Superstore – Highland Road

Fri, Jan 30th, 2015 - Zehrs Market Laurentian – PD DAY

To register for one of our courses, you can do so on the website or by email. Our phone number to call is on the website.

www.thebabysitterscourse.ca or by email at: dana@thebabysitterscourse.ca

Office Hours: Monday - Friday – 9:00am-12:00pm