

## CABS Outline

### Child And Babysitting Safety

- What is a Babysitter?
  - Thinking Like a Babysitter
  - Being Ready to Babysit
  - Babysitting Business Basics
  - Getting to Know the Family
  - Safety on the Job
  - Safe and Supervised
  - Caring for Kids and Their Basic Needs
  - Hand washing and Hygiene
  - Food Preparation
  - Diapers and Helping Kids Use the Bathroom
  - Playtime
  - Managing Challenging Behavior
  - Naps and Bedtime
  - Recognizing a Problem
  - Taking Action
  - Getting Help
  - Before Help Arrives
  - Bringing It All Together
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- **Duration:** 1 Day
  - **Exam:** 0 – 15 Min