

NC STATE UNIVERSITY

THE BABYSITTER'S BACKPACK



**Everything You Need To Know
About The Basics Of Babysitting**

Produced by:

NC State University

North Carolina Cooperative Extension

4-H



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Overview to the Babysitter's Backpack

Introduction:

Lesson Plans:

The Babysitter's Backpack includes 5 lesson plans designed to teach child development skills, discipline strategies, safety information, and marketing techniques in an informative and enjoyable manner. The lessons are designed to be offered in a particular order to enhance knowledge and build upon lessons learned.

Curriculum Format

Each lesson plan begins with a list of objectives and a list of materials needed for each session. A session overview follows, with a brief description of discussions, PowerPoints, and activities included in the lesson and approximate time needed for each. Finally, notes to guide preparation for each session are included.

For classes conducted in person, a step-by-step procedure is included with bulleted points highlighting important activities and points to cover in each lesson. A script is included to help guide the facilitator with words he or she may say and questions to ask, which are contained in text boxes. Handouts for each lesson plan are included, with the exception of a local resource list. Each facilitator is responsible for creating or providing a list of local resources relevant to each session.

Lesson Objectives:

The lesson objectives are based around four objectives identified as important points to address throughout each lesson plan. These objectives are to:

- Educate participants on basic baby care and understand the developmental stages of childhood
- Help participants learn how to be responsible for the care and safety of others
- Give participants extensive tools to deal with discipline, emergency situations, and interacting with parents
- Aid participants in acquiring interview and marketing skills which will help them throughout their lives

Lesson Plan Titles

- Babysitting Basics
- Best Practices for Baby
- Babysitting Breakdown
- Best Behavior
- The Business of Babysitting

Lesson Plan Summaries:

- **Babysitting Basics** – learning how to hold a baby, change a diaper, give a baby a bottle, putting a baby to bed, and taking basic care of children.
- **Best Practices for Baby** – understanding how to keep children safe, learning safe practices for answering the phone and door, and learning the dangers of Shaken Baby Syndrome.
- **Babysitting Breakdown** – learning the ages and developmental stages of children, understanding how to create and implement age appropriate activities, and learning how to read to children
- **Best Behavior** – understanding, implementing, and practicing positive discipline techniques
- **The Business of Babysitting** – learning strategies and ideas for marketing and securing babysitting jobs, understanding best practices for a successful interview, and participating in a mock interview.
- **Extra Resources:** to give more in-depth resources, four fact sheets are included on: Ages and Stages, Business of Babysitting, How to Interview, and Positive Discipline.

Resources:

In developing this curriculum, we consulted many resources to help us create a curriculum that covered all aspects of babysitting. At the end of each lesson, there is a resources section that lists extra resources for participants to use. In addition to those resources, we consulted the following sources: 4-H Military Partnership Program, American Red Cross Babysitting Program, Safe Sitters, and the 4H Caring for Children curriculum.

All images were taken from the Microsoft Office image database, which can be found through any Word program or online at office.microsoft.com.

Evaluation:

At the end of each lesson, an evaluation is given to participants to assess not only what facts they learned, but if they gained a basic understanding of the concepts. At the end of each lesson, extra resources are given to help participants find more information and gain a better understanding of each topic.

Fact Sheets and Printables

A series of fact sheets and printables based on each lesson topic are included. These informational sheets are designed to give brief, quick information on each topic, and can be used independently of the lesson plans.

Letter to Youth and Parent

We are so pleased that you have chosen to take the Babysitter's Backpack course. We understand that starting a job caring for children is both exciting and scary for youth. This course is designed to give youth ages 11-14 some basic skills so that they are prepared to care for younger children. The content in the course covers five content areas:

- **Babysitting Basics** – learning how to hold a baby, change a diaper, give a baby a bottle, putting a baby to bed, and taking basic care of children.
- **Best Practices for Baby** – understanding how to keep children safe, learning safe practices for answering the phone and door, and learning the dangers of Shaken Baby Syndrome.
- **Babysitting Breakdown** – learning the ages and developmental stages of children, understanding how to create and implement age appropriate activities, and learning how to read to children
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However, we know that even with the best training, nothing is better than the support and council parents and caring adults. Before you begin your new babysitting adventures, we hope you will take time to talk with your family about their expectations and concerns, as well with your future clients. Safety is so important, and good communication is essential for safety. If you are not sure about something, please ask a caring adult for their input or suggestions. Remember, the more you babysit, the better you will be. Remember...it takes time and practice.

Parents, we understand that your child is now moving into a new direction that can exciting and overwhelming. We are parents too, and we understand that there are few times in our lives that are as scary (wrong word, not sure) as sending your child to care for other children .The information provided here will be an important resource for your child, but nothing is better than your guidance and input. We encourage you to review the materials in this training and work with your child to ensure that they have confidence and skills to **successfully care for others.**

Sincerely, Kim Allen, Kimberly Siefert and Alexandria McCraw

Authorship & Special Thanks

This curriculum was written and designed by Kimberly Siefert, M.R., and Alexandria McCraw, M.R., under the leadership of Kim Allen, Ph.D., professor of Family Life and Youth Development at NC State University.

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