

# Online Babysitting Workshop



## *Reference Guide & Activity Sheets*

[www.menardsafetycoursesonline.com](http://www.menardsafetycoursesonline.com)

*A smart babysitter has  
leadership skills and  
initiative and always  
keeps safety in mind!*

## Module 2 CPR & Choking

### Baby Cardiopulmonary Resuscitation

#### C.P.R. Birth to Age 1

- ❖ If you are not alone, send someone to call 9-1-1 and get an AED if one is available. If you are alone, start CPR for two minutes, then call 9-1-1.
- ❖ Place the baby on their back and tilt the head back, by placing one hand on the forehead and the other on the chin. (head- tilt and chin lift)
- ❖ Check for signs of breathing for five (5) to 10 seconds.
- ❖ If the baby is not breathing, begin chest compressions at least  $\frac{1}{3}$  of the chest's depth by placing two fingers just below the nipple line on the centre of their chest. Give 30 chest compressions followed by two (2) breaths.
- ❖ Use a facial mask or seal your mouth around the baby's mouth and nose and give two breaths. See if the chest rises up and down.
- ❖ Continue until EMS (**E**mergency **M**edical **S**ervices) arrives or baby shows signs of life such as breathing, moving or crying.
- ❖ Once EMS takes over, call the parents.



## Baby Choking- Birth to Age 1- Conscious & Unconscious

- ❖ If you're babysitting and a baby starts choking while eating or playing, be ready to offer assistance.
- ❖ Check to see if the baby is breathing. If they can cough, don't interfere, let them cough up the piece of food or object.
- ❖ However, if the baby cannot cough or breathe or make any high-pitched sounds or skin turns bluish, give (5) five back blows, then (5) five chest thrusts to unblock their airway.
- ❖ Turn the baby on their stomach while supporting the head and neck (head must be lower than the body).
- ❖ Give (5) five back blows using the heel or palm of your hand.



- ❖ Turn the baby on their back while again supporting the head and neck and using two fingers just below the nipple line, give (5) five distinct chest thrusts.
- ❖ Keep giving chest thrusts and back blows until the airway unblocks or until the baby becomes unconscious.



If the baby becomes unconscious, send someone to call 9-1-1. If you are alone, start (5) five cycles of 30 chest compressions and two (2) breaths for two minutes before calling 9-1-1.

- ❖ Place the baby on a flat hard surface, start by giving 30 chest compressions followed by checking in their mouth. If you see a piece of food or object, finger sweep, then attempt one breath, reposition the head and try to give another breath.
- ❖ Continue until the object is removed or until medical help arrives, then call the parents.

Click on the link below to find out more about choking and prevention from Parachute Canada:

<https://parachute.ca/en/injury-topic/choking/>

## Cardiopulmonary Resuscitation

### Child CPR Age 1 to 8

If you are not alone, send someone to call 9-1-1. If you are alone, start CPR for two minutes, (five cycles of 30 compressions followed by two (2) breaths) then call 9-1-1.

- ❖ Lay the child on their back on a hard, flat surface such as the floor.
- ❖ Tilt their head back and check breathing for no more than five (5) to 10 seconds.
- ❖ If the child is not breathing, begin chest compressions at least  $\frac{1}{3}$  of the chest's depth by placing your hands in the centre of the chest and give 30 chest compressions followed by two (2) breaths with a facial mask if available.
- ❖ Continue until EMS (**E**mergency **M**edical **S**ervices) arrives or until the child regains consciousness or breathes on their own.
- ❖ Once EMS takes over, call the parents.



## Choking- Child Age 1 to 8- Conscious & Unconscious

If you're babysitting and a child starts choking while eating or playing, be ready to offer assistance.

Ask the child "Are you choking?" If the child **can** speak, cough or breathe, don't intervene, let them cough up the piece of food or object. Encourage the child to cough.

However, if the child cannot cough, breathe, make any high-pitched sounds or you notice the color of their skin changing:

- ❖ Tell the child that you know CPR and that you will help them.
- ❖ Stand behind the child then give five (5) firm back blows between the shoulder blades followed by five (5) abdominal thrusts.
- ❖ Continue until the airway is cleared or until the child becomes unconscious.
- ❖ Once the airway is cleared, call the parents to advise them. The child should go to the hospital and be seen by a doctor.



However, if the child becomes unconscious, lay them down and give five (5) cycles of 30 compressions and two (2) breaths before calling 9-1-1 if you haven't already done so.

Once EMS takes over, call the parents.

## Module 3 *Basic First Aid*

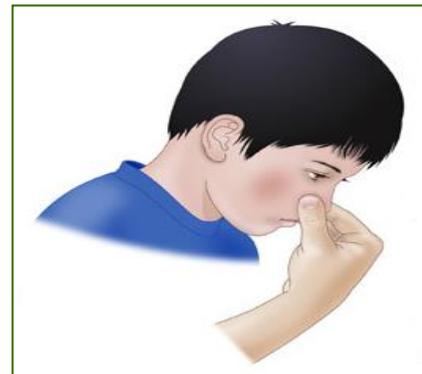
### Bleeding

- ❖ Use your hand or the child's hand to apply direct pressure on the wound until someone brings you a first aid kit or go and get one yourself. Then, apply a sterile dressing and bandage it.
- ❖ Have the person sit or lay down.
- ❖ Send someone to call 911 or call yourself and continue your care while keeping the child calm.
- ❖ Cover the child with a blanket or coat.
- ❖ If the cloth or dressing is soaked with blood, do not replace it, add another on top instead, and then bandage it. Be careful not to put it too tight so you won't interfere with the circulation. Check circulation frequently using the nail bed test or tips of the fingers of both hands for comparison.
- ❖ Call the parents.



### Nosebleeds

- ❖ Have the child sit down and tell them to bend forward and pinch the soft part of their nose or nostrils for 10 to 15 minutes.
- ❖ Reassure the child and monitor their breathing.
- ❖ If the bleeding persists for more than 15 minutes, call the parents and tell them that their child needs to be seen by a doctor.
- ❖ If the child becomes unconscious, call 911.
- ❖ If the bleeding stops, tell the child not to blow their nose for several hours after.





## Poisoning

If a child ate or drank a poisonous product, check to see what was ingested and if the child is conscious or unconscious.

If the child is conscious, call the POISON CONTROL CENTRE in your area. Tell them what the child ingested and how much was taken. They will also ask you the approximate weight and age of the child. Follow their instructions.

If the child is unconscious, call 9-1-1 immediately. Call the parent`s as soon as EMS arrives.



Click on the following link below for the number of your province's Poison Control Centre and more information from Parachute Canada:

<https://parachute.ca/en/injury-topic/poisoning/>

## The following is a list of the top 10 poison hazards for children under the age of five.

1. **Pain Relievers** - These medicines include products that contain ibuprofen or acetaminophen. They are commonly found in people's homes and should be locked up with the rest of your family's medication.
2. **Cleaning Substances** - Bleach, all-purpose cleaners, detergents and disinfectants are easily accessible and often not stored safely.
3. **Cosmetics and Personal Care Products** - Young children often try to taste toothpaste, creams, perfumes and other personal care products.
4. **Vitamins** - Make sure to teach young children that vitamins are medicine. Keep them locked up with the rest of your family's medicine.
5. **Foreign Bodies** - Although these are not actually poisonous substances, they can still be hazardous. Examples of foreign bodies include plastic toys, soil and coins.
6. **Skin Creams** - There are many creams and ointments that are appealing to young children. These may include sore muscle rubs, steroid creams, wart removers and calamine lotions.
7. **Plants** - Young children will often be tempted to bite into a leaf of a plant. Some are harmful and others are not. Know the names of all plants growing in and around your home.
8. **Cough and Cold Medicines** - These medicines may be taken for cold, flu or allergy symptoms. Although fewer people are using these medicines, the Ontario Poison Centre continues to talk to people whose children have taken or been given more than what is required.
9. **Pesticides** - These substances are used to get rid of pests. Exposure to more dangerous pesticides is less frequent because of stronger regulation of these substances.
10. **Antihistamines** - These medicines are often taken to control allergy symptoms. Make sure they are stored safely!

Module 3 Basic First Aid  
Lesson 4 Poisoning- Activity Sheet  
Circle the hazardous products.



FLAMMABLE



POISON



EXPLOSIVE



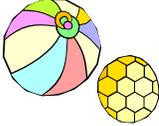
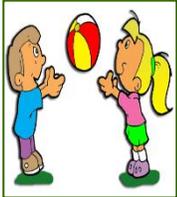
CORROSIVE



## Module 4 Playtime Activity Sheet

Name three toys and three games you would play while babysitting a child in each age group.

Do not use the same toy or game more than once.

 <p>1 to 6 months Toys</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>Games/ Activities</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
 <p>6 to 12 months Toys</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>Games/ Activities</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<p>1 to 2 years</p>  <p>Toys</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>Games/ Activities</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol> 

 <p>2 to 3 years Toys</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>Games/ Activities</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
 <p>3 to 5 years Toys</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>Games/ Activities</p>  <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
 <p>6 to 10 years Toys</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>Games/ Activities</p>  <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>

For more tips on choosing and using toys, click on the link below from Parachute Canada:

<https://parachute.ca/en/injury-topic/home-safety/play-time/>

## Module 6 Mealtime Activity Sheet

Name ten snacks and ten meal ideas for children of all ages.

SNACKS	MEALS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Name ten common choking hazards for children less than five years. Your answers could include food, toys or any item that children can choke on.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

- Having children sit down while eating can prevent choking.
- Never allow younger children to stand in their high chair.
- Cut foods in smaller pieces or mash them so they won't get caught in a child's windpipe.
- Never leave cooking fats unattended and turn pot handles inward while cooking...follow the parents' instructions.
- Use the microwave whenever possible. Ask the parents to show you how to use it safely. Also choose foods that are ready to eat.
- The leading cause of burns in children is from a spilled hot drink. Children between the age of 1 and 3 are most likely to get hurt.

## Module 8 Emergencies Situations

### In Case of a Fire



Take charge and do not panic. The children are your first priority. If a fire breaks out, get the children out of the house and immediately call 9-1-1 from a neighbour.

If your clothes catch fire STOP-DROP-ROLL. If a child's clothes catch fire, tell him not to run. Running gives oxygen to the fire and will make it bigger. Instead, wrap the child in a coat or blanket. Roll them over and over on the floor while protecting their face as much as possible.



Crawl if there is smoke. Smoke rises, so the air is much clearer near the floor. Cover the child's face with a wet cloth if possible.

If you become trapped by the fire, close all doors between you and the smoke, cover all air vents and under the door with a towel or blanket. Get help by waving a blanket or coat out the window or signal with a flashlight.

If grease in a pan catches fire, try smothering the flame by putting a lid on the pan. Slip the lid on by the side to avoid burning your arm.

- Never put water on a grease fire.
- Cook on the stove only if the parents have allowed you to do so.
- Use the microwave as much as possible and ask the parents to give you clear instructions of how to use it.



## If you get Locked out of the House with the Children

Try to remember if the parents have told you if they have a spare key outside. If they don't, go to a trusted neighbour and call the parents. Stay there until you can get back in the house.

If you are locked outside of the house and the children are still inside, encourage the oldest child to come to the door and unlock it. If he/she cannot, go to the nearest neighbour for help and call the parents.



## Storms, Thunder & Lightning



Always stay indoors and reassure the child(ren) if they are scared. Close all windows, blinds and doors. Shut off the T.V. and the computer and any appliances you are using. In case the power goes out, try to find at least one flashlight. Call the parents if you cannot find one. Never use candles around children. If the power goes out, keep in mind a telephone **with a cord** works even if there is no power as do cell phones.

However, a **cordless phone does not** work during a power failure. Reassure the children if they seem worried and call the parents to let them know.

## Answering the Door

Look through a window to see if you recognize the person at the door. If the parents have not told you about the visitor, do not open the door. Do not make yourself visible.

If the person does not go away, call a neighbour and have them come over. If you can't reach a neighbour, call 9-1-1. No one has the right to peek through the windows or turn your door knob.

Remember to always lock the door while babysitting.



## If a Child gets Locked in the Bathroom

Tell him or her to calm down and that everything will be ok. Reassure them that they will be able to get out soon.

Encourage the child to push and turn the knob. If this doesn't work, try unfolding a paperclip and inserting it into the pinhole if the knob has one. Certain knobs have a line with a circle around it, you can take a coin and turn the knob and this will unlock it.

If you cannot get the door open, call a neighbour or the parents for help. Never try breaking down the door. The child could be close to the door and get severely injured.



## Answering the Phone

You should not answer the phone when you're babysitting. If the parents have caller ID, look to see who is calling and answer only if it is them. If they have an answering machine, leave it take the message. If they don't have caller ID or an answering machine, they should have a code with you such as leaving the phone ring once, then hanging up and calling back right after. That way, you would only answer when you hear the code. If you have a cell phone, give your number to the parents so they can reach you directly.



If you answer the phone and it is an unknown caller, you should offer to take a message. Never tell the caller that you are the babysitter and that you are alone with the kids. Hang up if the caller becomes a nuisance. Do not hesitate to call 9-1-1 if you feel threatened.

## Flood in the Basement

Make sure the kids are safe and dry. Do not attempt fixing a water pipe. You should stay with the kids at all times and don't touch any electrical wires. Call the parents.

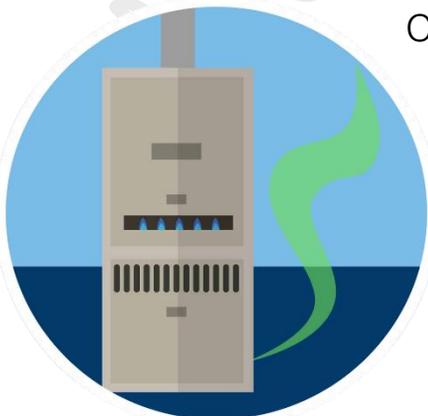


## Gas Leak

If you smell rotten eggs, you can suspect that there may be a gas leak.

Natural gas is deadly, therefore get the kids and get out fast.

Call the parents from a neighbour and stay there until all the fumes are gone and the leak has been repaired.



For more information on Carbone monoxide poisoning, prevention and symptoms click on the link below:

<https://parachute.ca/fr/sujet-blessure/empoisonnement/monoxyde-de-carbone/>

D	N	I	K	E	M	P	A	T	H	E	T	I	C	L
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## QUALITIES OF A BABYSITTER

What qualities do you have to be a great babysitter?

Discover all the wonderful qualities it takes to become a great babysitter!

UNDERSTANDING	EMPATHETIC	GENEROUS	GENTLE	OPEN	SAFE
DEPENDABLE	RESPECTFUL	CONFIDENT	LEADER	NICE	CARE
RESPONSIBLE	ASSERTIVE	PLEASANT	HELPFUL	KIND	SOFT
ENTHUSIASTIC	OPTIMISTIC	PATIENT	RELIABLE	CALM	FUN
TRUSTWORTHY	SUPPORTIVE	MATURE	HAPPY	TRUE	
COMPASSIONATE	CHEERFUL	HONEST	FUNNY	FAIR	