



Babysitting 101™

Student
Workbook
Sample



Beautiful, full-color cover!



Smart Kids 101

★ Babysitting 101™ Student Workbook Sample ★



Smart Kids 101

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MORE BABYSITTING ORGANIZATION

Items I'll put in my tote bag:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

GAMES, TOYS, BOOKS & PUZZLES

I have:	I can borrow:	I want to buy:

PSST!

Look at yard sales, consignment sales, and in restaurant kids' meals.

Avoiding Overload

- If the job sounds like too much for you to handle by yourself, ask if you can bring a friend with you.

Backing Out Graciously

- If something comes up and you must cancel with the parent, call them as soon as you can and offer the name of a friend who might be able to babysit for them.

Top 10 Guidelines for Successful Babysitting

- #10** Keep things tidy; any toys you get out should all be put away when you're finished.
- #9** Remember why you are there: you're getting paid to watch and play with the kids.
- #8** Clean up the lunch, snack, or dinner dishes.
- #7** No texting, phone, television, or computer for you unless the child is asleep.
- #6** Know your surroundings; make a mental note of where the exits are.
- #5** Take a phone with you. If you don't have one, ask to borrow a family member's, and only use it for emergencies.
- #4** Ask if you will need to prepare any snacks, meals, or baby bottles.
- #3** Exercise the "one toy at a time rule" so playtime doesn't get too chaotic.
- #2** Be timely ... arrive to your job 7-10 minutes early.
- #1** Keep the children in your sight at all times.

Engaging Kids of All Ages

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BABIES: NEWBORN TO WALKERS

Eliminate the possibilities for a happy, contented child!

HUNGRY?

Feeding the Baby

- ready the bottle
- a large cup of hot water warms the bottle

Burping the Baby

- cloth goes over shoulder
- pat or rub the baby's back

DIRTY?

Changing the Baby's Diaper

- always change a baby on the floor
- gather items first: diapers, wipes, blanket/pad
- change babies quickly (especially little boys!)
- clean the area front to back

TIRED?

Ready for Nap Time

- ask the parent to give you advice on preparing the baby for sleep
- clear toys, blankets, pillows from crib or sleeping area
- always put the baby on his or her back to sleep
- be patient when getting a little one to sleep. It may take time or not happen at all!

BORED?

Playing with the Baby

- talk and sing to the baby
- read a book to the baby
- let baby lie on a blanket to kick, move, or watch a mobile
- their own stuffed animals - mobiles - rattles - objects with music - squeaky ball
- teething toys - big board books - looking in a mirror - everyday objects to look at while you hold them and talk to them - blocks or cups to stack



Workbook
contents integrate
perfectly with the
video program!

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SCHOOL-AGED: AGES 6 YEARS & UP
Be the kind of babysitter that you loved!

for additional science experiments check out our website: SmartKids101.com/science

BOOKS & GAMES

- play card games like: War, Memory®, or Hearts
- do some Mad Libs® together
- play catch or shoot basketball hoops outside
- read a chapter book or joke book together

GET CREATIVE

- play nail salon
- bake cookies (with parents' permission)
- do water color paintings or other arts and crafts

DIY

Greeting Card Puzzle for Preschoolers or School-Aged
Make a greeting card puzzle for your tote bag. Save a colorful birthday card. Cut it in half. Recycle the part with writing on it. Before you cut 4 large puzzle shaped pieces out of the colorful side of the card, color the opposite blank side. Then you'll have 2 separate puzzles to put together, front and back. Paper clip pieces together and enjoy playing with your fun, original puzzle.

SCIENCE EXPERIMENT: FIZZY ART

Summary:
Kids learn about simple chemical reactions and color mixing! (Best for ages 3 and up, although younger kids might like to watch.)

Materials:
Baking soda, vinegar, newspaper, rectangular cake pan, food coloring (red, blue and yellow), 3 eye droppers, 3 small bowls.

Procedure:
Spread the newspaper out on a hard surface (floor or table), and place the cake pan on top. Spread baking soda in the bottom of the cake pan, about 1/4 inch deep. Pour about 1/4 cup of vinegar into each small bowl and mix 2-3 drops of food coloring in. Have the child sit near the dish and use the eye dropper to squirt the colored vinegar into the baking dish. The baking soda reacts chemically with the vinegar, causing it to foam and bubble like mini volcanoes in the dish! Let them play with color mixing, too. (red+yellow=orange, blue+yellow=green, red+blue=purple)

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First Aid

PREVENTION IS THE FIRST STEP IN FIRST AID!

Headache or Tummy Ache?

Vomiting or Diarrhea?

YES

Take care of the child first. Help him get to the bathroom. Clean up the child first, like clean clothes or his mouth rinsed. Call the parent. Remember your gloves and clean up any mess the best you can.

NO

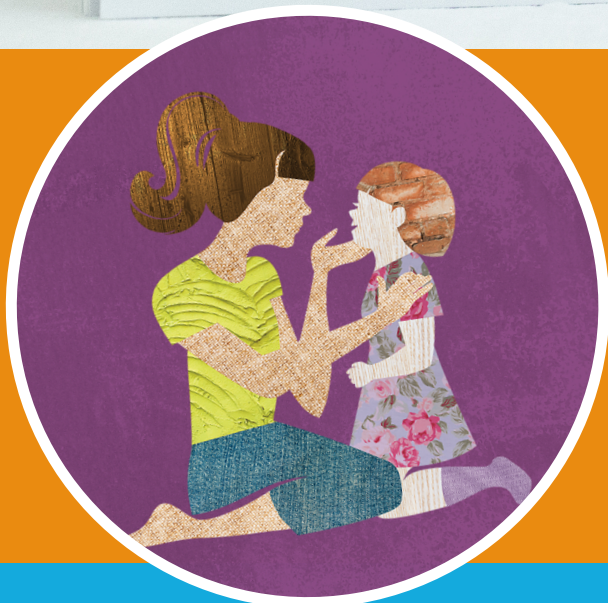
Reassure the child that mom and dad will be home soon. Suggest a quiet activity like reading a book or playing a card game. If it doesn't get better call the parent.

Cut Finger, Picked Scab, Scraped Knee?

Wash with water, air dry a few minutes and apply a bandage. If you need to get the bleeding to stop, apply pressure and elevate the cut above the child's heart.

If the bleeding won't stop, stitches may be necessary. Call the parents or your back-up friend.

The bleeding is uncontrollable and severe with MUCH blood loss.
CALL 911



Fun activities and useful information to carry with them on babysitting jobs.