



St. John Ambulance

SAVING LIVES
at work, home and play

FOR IMMEDIATE RELEASE – PRESS RELEASE

Babysitting Safety for Young Teens

Mississauga, February 9, 2009 – As parents, an evening out is something we all look forward to but, with the anticipation of quiet time, comes the anxiety of leaving little ones alone with an often young babysitter. Regardless of the recommendations we have received or of past experience with the teenager, we often feel nervous and imagine the scenarios that are sure to take place within minutes of our departure.

Just as anxious are the parents of the babysitter. On one hand, delighted that their child is taking on some responsibility and earning their own money, while on the other, anxious that they won't be able to handle the stress of an upset child or quite simply, have no idea what to expect at all.

One way to relieve anxiety for both sets of parents is to ensure the sitter is prepared, prior to taking that first assignment. The best way to do that is with a specialized course for young teens. Appropriate training reinforces the responsibility that the sitter has both to the children and to the parents. They are taught the importance of providing a safe and secure environment; how to feed, comfort and provide stimulation while at the same time ensuring courteous and responsible service while respecting the privacy of the parents.

The course will assist Babysitters:

- ❑ To find work - the pitfalls of advertising, advantages of recommendations, importance of meeting with the family before agreeing to sit for them and about “gut-feelings”.
- ❑ To prepare for the pre-job meeting which will provide confidence and an opportunity for information gathering.

- In the Importance of a Code Word for use when it is deemed essential for their own safety.
- What to do in case of injury – choking, bleeding, poisoning.
- What to do in case of other types of emergencies – choking, sprains and strains, bleeding, fires and power failures.

Your child's safety starts at home. No matter the age, children can benefit from knowing what to do in an emergency. Prevention is the way to avoid tragedy. Even very young children can learn basic safety rules and how to avoid dangerous situations. Older children accept greater responsibility and are able to react faster in an emergency. By talking to your child about hazards, they will also learn to avoid risks.

A course such as "What Every Babysitter Should Know", offered through schools, libraries and on site at St. John Ambulance facilities for many years, is one way to ensure your child is prepared for an emergency situation.

For more information on St. John Ambulance training programs, volunteer opportunities, community services, as well as available products, please call 905-568-1905 or visit our web site at www.sja-mississauga.ca.

Contact: Janine Le Forestier
Marketing & Fund Development Coordinator
janine.leforestier@on.sja.ca
905-568-1905 ext 334

*St. John Ambulance is dedicated to improving the health and the safety
of the community through training and community service.
Saving lives – at work, home and play.*