

## Portsmouth Recreation Hosts

### How to be a great babysitter

This 6-hour course is fast paced, interactive and fun! Lots of "hands on" practice using adult and infant manikins. Games and role play are used throughout the program to enhance learning.

- Adult/child/infant/CPR
  - Choking
  - Use of an AED
- Changing and feeding a baby
- Babysitting safety and prevention of injury
  - Elements of first aid for the young child
- Stages of child development/games and activities to play
  - Getting your babysitting business started

*February 18<sup>th</sup> and 20<sup>th</sup>*

**9am-12pm each day**

**Held at Melville School in Portsmouth**

**Children will need to wear comfortable clothes and bring a snack and drink.**

Course is taught by certified AHA CPR/First Aid instructors

- Fee: \$85
- Includes certificate and tee shirt
- Course is recommended for teens 11 years and older

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**To register fill out information below:**

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ EMAIL \_\_\_\_\_

Phone \_\_\_\_\_ Parent contact information \_\_\_\_\_

**Make checks payable to the Town of Portsmouth and mail payment to:**

John Doe  
100 Anywhere St.  
Portsmouth, RI 02871

Recreation Department  
c/o Portsmouth Town Hall  
2200 East Main Road  
Portsmouth, RI 02871

**For more information, contact instructor: Catherine Alexander DNP, MPH, RN**  
**Mobilemedicaltraining@gmail.com**