

SAFESITTER

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR!



**June 9th, June 23rd, July 7th, July 21st, August 11th, August 25th,
September 8th, September 22nd**

9:00am – 4:30pm

Montgomery County Hospital District
1400 South Loop 336 West
Conroe, TX-77304

REGISTRATION INFORMATION

FREE for students Grades 6-8. Class includes American Heart Association Heartsaver CPR/AED certification.

Students should bring a sack lunch.

Pre-registration is required. Register early as classes fill quickly!

EMAIL aherring@mchd-tx.org
VISIT www.mchd-tx.org
CALL 936.523.1146



SAFESITTER



SAFE SITTER® CLASS CONTENT



SAFETY SKILLS

Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.



FIRST AID & RESCUE SKILLS

Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses.



LIFE & BUSINESS SKILLS

The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.



CHILD CARE SKILLS

Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

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