

**Helping People Save Lives – Every Day!**



Office: (204) 233-CFAT (2328)  
Website: [www.Canadian-Training.ca](http://www.Canadian-Training.ca)  
Email: [Training@canadian-training.ca](mailto:Training@canadian-training.ca)

## 🍁 **Babysitting Course** 🍁

(Caring for Babies, Toddlers, Preschoolers, School-Aged Children & First-Aid modules)

**\*Pre-course Requirement: Participants must be 11 years of age or older**

**Full Course: \$49.00 / person + GST (8 hours)**

**June 27<sup>th</sup> OR July 11<sup>th</sup>**

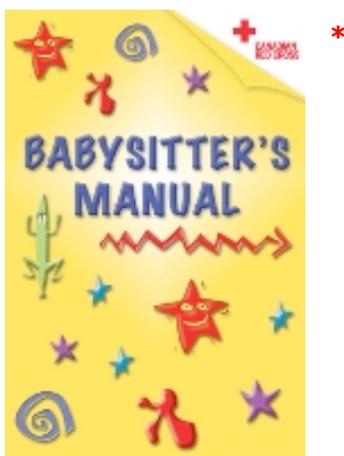
**Unit B – 390 Provencher Blvd. Winnipeg, MB**

Full course training takes approx. 7 hours to complete  
(e.g. 8:30am - 4:00 pm)

**\*Babysitter Certification card included**

### **Group Training Also Available!**

- \* Minimum 10-person charge**
- \* Large groups welcome**
- \* Train at our facility or yours – Same price!**



**To register for one of our in-house courses or to set up training at your facility, please contact us at:**

Office #: (204) 233-CFAT (2328)

Email: [First-Aid@Canadian-Training.ca](mailto:First-Aid@Canadian-Training.ca)

**For more information, visit our website at:**

[www.Canadian-Training.ca](http://www.Canadian-Training.ca)



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## Here is what you'll learn about!

The Babysitting course includes the following modules:

<p><b>Chapter 1: GETTING STARTED</b></p> <ol style="list-style-type: none"> <li>1. The Business of Babysitting</li> <li>2. Your Role</li> <li>3. Rules and Routines</li> <li>4. Family's Expectations</li> <li>5. Discussion</li> </ol>	<p><b>Chapter 2: CARING FOR BABIES</b></p> <ol style="list-style-type: none"> <li>1. Stages for Babies</li> <li>2. Holding, Diapers, Dressing, Feeding, Food Find</li> <li>3. Sleeping, Crying, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Babies</li> <li>6. Toys and Games for Babies</li> <li>7. Matching Toy with Age</li> <li>8. Discussion + Practical Component</li> </ol>
<p><b>Chapter 3: CARING FOR TODDLERS</b></p> <ol style="list-style-type: none"> <li>1. Stages for Toddlers</li> <li>2. Diapers, Dressing, Feeding, Food Find</li> <li>3. Sleeping, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Toddlers</li> <li>6. Toys and Games for Toddlers</li> <li>7. Matching Toy with Age</li> <li>8. Discussion</li> </ol>	<p><b>Chapter 4: CARING FOR PRESCHOOLERS</b></p> <ol style="list-style-type: none"> <li>1. Stages for Preschoolers</li> <li>2. Feeding, Food Find, Toilet Learning</li> <li>3. Dressing, Sleeping, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Preschoolers</li> <li>6. Toys and Games for Preschoolers</li> <li>7. Matching Toy with Age</li> <li>8. Discussion</li> </ol>
<p><b>Chapter 5: CARING FOR SCHOOL-AGED CHILDREN</b></p> <ol style="list-style-type: none"> <li>1. Stages for School-Aged Children</li> <li>2. Feeding, Food Find, Bedtime</li> <li>3. Getting Along, Be a Problem Solver</li> <li>4. Precautions for School-Aged Children</li> <li>5. Toys and Games for School-Aged Children</li> <li>6. Matching Toy with Age</li> <li>7. True-or-False Brain Teaser</li> <li>8. Summary of Decision-Making Abilities</li> <li>9. Discussion</li> </ol>	<p><b>Chapter 6: INJURY IS NO ACCIDENT: CREATING SAFE ENVIRONMENTS</b></p> <ol style="list-style-type: none"> <li>1. Home Safety</li> <li>2. Outdoor Play Safety</li> <li>3. Fire Safety</li> <li>4. Water Safety</li> <li>5. Personal Safety and Security</li> <li>6. Rural Babysitting</li> <li>7. Safety Search</li> <li>8. Discussion</li> </ol>
<p><b>Chapter 7: HOW TO HANDLE EMERGENCIES AND FIRST AID</b></p> <ol style="list-style-type: none"> <li>1. Handling Emergencies</li> <li>2. Preventing Injury and Illness</li> <li>3. How to Call for Help</li> <li>4. What to Do in an Emergency</li> <li>5. Illness, Choking, Bleeding, Sprains, Strains, and Fractures</li> <li>6. Poison, Burns, Special Health Problems</li> <li>7. First Aid Kit Explanation</li> <li>8. Discussion + Practical Component</li> </ol>	<p><b>Chapter 8: SPECIAL CONSIDERATIONS</b></p> <ol style="list-style-type: none"> <li>1. Appropriate and Inappropriate Touching</li> <li>2. Child Abuse and Neglect</li> <li>3. Discussion</li> </ol>
<p><b>For Your Information:</b></p> <p>2 x 15 minute breaks 30 minute lunch break</p> <p><b>*Light afternoon snack provided!</b></p> <p><b>*Please bring lunch!</b></p> <p>*Please note, we are a nut <i>AND</i> peanut-free environment</p>	<p><b>Hi Parents! Interested in upgrading your training?</b></p> <p>Take the 1 day training to be certified in <b>Emergency Child Care First-Aid w/ CPR Level B &amp; AED for only \$89.00</b></p> <p><b>Cover the following modules:</b></p>  <ul style="list-style-type: none"> <li>• Adult, Child &amp; Infant:</li> <li>• Choking</li> <li>• CPR (Cardio Pulmonary Resuscitation)</li> <li>• Cuts, Scrapes, Bleeds, Wound Care</li> <li>• Medical Conditions: Fainting, Seizures, How to Use Epipens®</li> <li>• And much more!</li> </ul>

# ***Helping People Save Lives – Every Day!***

## ***🍁 Looking For Value Added Training For Your Training Dollar? We Do That!***

*" The bitterness of poor quality lingers long after the sweetness of low cost is forgotten"*

*- L. Porteous Fenster -*

**CANADIAN FIRST-AID TRAINING Ltd. provides the following list of value added components to all our in-house and out-course First-Aid, CPR, Babysitting and Automated External Defibrillation (AED) training. This includes:**

- Professional, fun and knowledgeable staff certified as Authorized Providers with the **CANADIAN RED CROSS**.
- We can teach at your location and at your convenience
- Show up early for course set up (30 minutes).
- Provide course specific manuals for students to keep. We only use recognized material developed by the **CANADIAN RED CROSS**, which is recognized in over 185 countries around the world!
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the new 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **CANADIAN RED CROSS** is a participating member.
- Relaxed atmosphere when teaching.

**At CANADIAN FIRST-AID TRAINING Ltd., we:**

### **1) Adhere to best practice recommendations for all training. We provide the following:**

- 1 manikin/person ratio for all CPR (**No sharing with other people!!!**)
- Floor mats for CPR training (**no more sore knees!!**)
- Flat screen TV w/ DVD capability \*(Out course groups only)
- Whiteboard \*(Out course groups only)

### **2) Only use top of the line equipment. This includes:**

***Demonstrate, fully explain & use:***

- **Automated External Defibrillator (AED) trainer units: Philips Health Care Canada**
- *Gauze roller and triangular bandages, gauze non-stick pads, splints, etc. for all first-aid practical exercises (course specific)*
- **Epipen® & Twinject®** trainer units for practical exercises (i.e. severe allergies – anaphylaxis) *(first-aid courses only)*
- **Manitoba Regulations First Aid kits.** *(All courses)*
- Asthma puffers and Aero-Chambers® - i.e. (Spacers), etc. *(first-aid courses only)*

### **3) Also do the following at no extra charge:**

- We bring products (i.e. first-aid kits, key chains and pocket masks) available for purchase.
- We customize the course to the knowledge of the group (i.e. take prior history into account).
- Full Explanation of **Manitoba Good Samaritan Protection Act** (Enacted – Dec. 7<sup>th</sup>, 2006).
- Full Explanation of **Manitoba - The Defibrillator Public Access Act (Bill 20)**

**After training has been completed, we will:**

- Stay afterwards to answer all questions, concerns and comments resulting from the training and leave each participant with contact information for any concerns, which may result from training.
- Students receive 1 wallet certificate (CPR & AED courses) and 1 wall certificate\* (8.5x 11) (First-Aid courses only)
- Company/organization will receive copies of all certificates in a separate folder and all participants will be entered into our course management system. 90, 60 and 30-day notification of expired responders after 3 year period or upon request.