



**BETTER SITTERS TODAY. BETTER PARENTS TOMORROW.®**

Founded by Patricia A. Keener, M.D.

## **Safe Sitter® Fact Sheet**

### **Foundation**

Safe Sitter® was founded in 1980 by Indianapolis pediatrician Dr. Patricia A. Keener after a colleague's 18-month-old choked to death while under an adult sitter's care. Troubled by the lack of educational programming for sitters and young adults, Dr. Keener developed Safe Sitter® as a medically accurate instructional program designed for young adolescents 11 to 13 years of age.

### **Mission/Vision**

Safe Sitter® prepares young adolescents (tweens) for the responsibilities of nurturing and protecting children through hands-on training with medically-trained experts. We believe the successful completion of an educational program addressing these competencies should be a community standard for those who care for children. BETTER SITTERS TODAY. BETTER PARENTS TOMORROW.®

### **Need for Training**

Too little emphasis is placed on the responsibility of young adolescents when accepting a babysitting job. Most tweens lack the knowledge of first aid, rescue skills and behavior management techniques as well as the life experiences necessary for handling medical or household emergencies which might occur while caring for a young infant or child.

### **Safe Sitter® Courses**

All sites registered to teach Safe Sitter® utilize only Safe Sitter®-trained Instructors, ensuring compliance with teaching methodologies and a quality educational experience for students. Prior to course completion, students must demonstrate acceptable skills in the care of a choking infant or child, and pass a written exam proving mastery of key concepts.

The medically-accurate course curriculum is presented in modules which may be taught as one of two options:

- **Safe Sitter® Basic** is a *6 ½-hour essential curriculum designed for busy schedules*. It includes Babysitting as a Business, Success on the Job, Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, Care of Choking Infant, and Care of Choking Child. It introduces Preventing Injuries and Behavior Management.
- **Safe Sitter®** is a *12 ½-hour expanded curriculum designed for comprehensive coverage*. It includes all topics covered in Safe Sitter® Basic plus Infant and Child CPR, Toddler/Preschool Guest, more in-class practice time and expanded information on Preventing Injuries and Behavior Management.

### **About Safe Sitter®**

Safe Sitter, Inc. is a 501(c) (3) not-for-profit organization. Organizational operating funds are obtained from sales of instructional material, charitable donations and foundation grant support. Safe Sitter® has nearly 900 teaching sites from coast to coast and in England. There are more than 4,000 Safe Sitter® Instructors. Each year almost 35,000 young adolescents take the course.

### **About Dr. Keener**

Dr. Patricia A. Keener has been recognized nationally for the educational excellence of the Safe Sitter® program by the American Academy of Pediatrics. Dr. Keener continues to play an active role in the organization and works with staff to update the curriculum regularly.

### **Media Contact**

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