



**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 teens 11 and older.

### 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 young adolescents accept when babysitting. 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 sections which may be taught as one of three options:

- **Safe Sitter® (1-day)** is a *6 ½-hour 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® (1-day with CPR)** is a *6 ½-hour curriculum that includes Infant and Child CPR*. It parallels Safe Sitter® (1-day) but the business sections are condensed to allow time to teach CPR.
- **Safe Sitter® (2-day)** is a *12-hour expanded curriculum designed for comprehensive coverage*. It has all the topics covered in both 1-day courses including Infant and Child CPR. Plus it includes a Toddler/Preschool Guest, more 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. There are more than 4,000 Safe Sitter® Instructors. Each year almost 35,000 young adolescents take the course.

### About Our Pediatricians

Dr. Patricia A. Keener has been recognized nationally for the educational excellence of the Safe Sitter® program by the American Academy of Pediatrics. Dr. Sara Ross is our medical director. She works with staff to update the curriculum regularly.

### Media Contact

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