

# ***Be a Safe Sitter®***

Would you know how to  
rescue a choking child?

What if the child got a  
nosebleed?

Do you know how to screen  
babysitting jobs to decide  
when to accept or refuse?

Would you know what to say if  
you had to call 911?

Do you know how to change a  
diaper?

Safe Sitters learn these  
things...and more!

For more information  
[www.safesitter.org](http://www.safesitter.org)

 **North Arkansas  
Regional Medical Center**

**We're Here for Life.**

620 N. Main, Harrison, AR • 870-414-4000  
[www.narmc.com](http://www.narmc.com)

ADDRESS SERVICE REQUESTED

# **The Best Babysitter is a Safe Sitter®**



# **SAFE SITTER**

*Better sitters today...  
better parents tomorrow*

# A Message To Parents...

**Safe Sitter®** is a medically accurate program that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children.

*This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies.*

**The next class date will be!**

**July 20**

Registration deadline: July 14

**8:00 a.m. — 3:30 p.m.**

**Class Fee: \$50**

**Class sizes are limited, please register early**

For questions or an application contact:

NARMC Office of Employee  
Education & Training  
870-414-4394 or 870-414-4098  
Fax: 414-4905  
Email: [Education@narmc.com](mailto:Education@narmc.com)

**OR you may download an application at**  
<http://www.narmc.com/services/education.htm>

## North Arkansas Regional Medical Center Presents **Safe Sitter®**

When you accept a babysitting job, you accept the responsibility for a child's life. Taking a Safe Sitter® class will help prepare you to be a more responsible babysitter.  
**And you'll HAVE FUN!**

Class requirements are:

- Completed application received by deadline
- Student Contract signed and received by deadline
- Proof of age—you must be 11 years old by the date of the class you choose
- **AND a willingness to learn!**

You'll receive:

- Safe Sitter Manual
- Completion Card & Certificate
- Safe Sitter Kit
  - Backpack
  - Band-Aid Dispenser
  - Important Numbers Pad
  - Introducing Safe Sitter Card
  - Penlight
- Lunch will be provided

Other topics covered:

- Preventing Problem Behavior
- Child Care Essentials
- Safety for the Sitter
- Babysitting as a Business
- Success on the Job

