



**CENTER FOR LIFESTYLE MANAGEMENT**

Dear Parent:

Congratulations for enrolling your child in *Safe Sitter*. *Safe Sitter* is an outstanding hands-on ONE DAY class in child care training that your child will love attending! He/she will learn the business of babysitting, safety for the sitter, accident management, choking and rescue breathing and most important, behavior management.

*Safe Sitter* classes in 2019 will be held the third Saturday of the following months: January 26, March 16, and September 21, 2019. Class begins promptly at 9:00 a.m. and ends at 4:00 p.m. Fee is \$45.00.

A registration form and two copies of a student contract are enclosed. Please complete the registration form and have your child sign the contract. **Your child is to keep one copy and review it right before coming to class.**

The registration form, signed contract (white copy) and check or money order (make check payable to Cape Regional Medical Center) are to be mailed to:

Center for Lifestyle Management  
Cape Regional Medical Center  
Two Stone Harbor Blvd.  
Cape May Court House, NJ 08210

Just as soon as we receive these items, a confirmation and further instructions will be mailed to you. If you have any questions, in the meantime, call me at 463-4043.

We look forward to working with your child!

Sincerely yours,

*Bonnie Kratzer*  
Coordinator

**P.S . This class is VERY popular and fills quickly. Please register early!**



# CAPE REGIONAL MEDICAL CENTER

## *Safe Sitter Contract*

The *Safe Sitter* course was developed especially for 11 to 13 year olds to answer all questions about babysitting. You will learn the skills you need to safely care for children – infants through school age. We want your *Safe Sitter* class to be a positive experience for you! We believe you will enjoy the class more and have the best chance to be successful if you know what we expect from you. With those points in mind, please read the following ground rules:

1. **ATTENDANCE**

There's a lot to learn in a fairly short time so it's important to come to class, be on time and stay until the end of class.

2. **RESPECT FOR PROPERTY AND EQUIPMENT**

The class will be fun and the atmosphere relaxed if students remember that the space and the equipment must be treated with respect – no running, rough play, loud noises.

3. **RESPECT FOR OTHERS**

You have a great opportunity to meet new people and develop friendships. We will expect you to think of the feelings of others – no teasing or put-downs.

4. **KEEPING TRACK OF YOUR MATERIALS**

Your *Safe Sitter* manual was written by Dr. Patricia Keener, the pediatrician who started the *Safe Sitter* program. It will be helpful to refer to your manual when you babysit. Please write your name on your manual and be sure to bring it back to the next class session.

*Safe Sitter* classes are always lots of fun for everyone. The ground rules help us to guarantee that fun. Please sign below so that we know you understand.

*I understand the importance of Safe Sitter's ground rules. I agree to follow them in class.*

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Student Signature