

# Kids 'R' Kids Mini Camp



**Babysitter's Club**



# Babysitter's Club

## Introduction

During this 6-week course, teachers will be given all the tools to turn your campers into the best sitters ever! Below you will find each week's meeting topics and activities.

## Materials Provided

- Babysitter Bag Kit Resources
- Babysitter Certificate
- Permission Slip for Movie

## Materials Needed

- **This book will be needed for the entire course!** *Babysitter's Club #1 Kristy's Big Idea* by Ann M. Martin: Check your local library or here: [https://www.amazon.com/Kristys-Turtleback-Library-Baby-Sitters-Unnumbered/dp/060614787X/ref=tm\\_m\\_hrd\\_swatch\\_0?encoding=UTF8&qid=1588188888&sr=8-4](https://www.amazon.com/Kristys-Turtleback-Library-Baby-Sitters-Unnumbered/dp/060614787X/ref=tm_m_hrd_swatch_0?encoding=UTF8&qid=1588188888&sr=8-4)
- The Baby-Sitter's Club Movie (Rated PG): <https://www.youtube.com/watch?v=CW7PIUVJbcQ>
- Canvas Bags or Tote Bags <https://www.orientaltrading.com/large-bright-shopper-tote-bags-a2-14688.fltr?categoryId=551141&rd=canvas%20bags>
- Markers
- Crayons
- Any craft items to decorate bags (fabric paint, stickers, etc.)
- Zip Lock Bags (Sandwich Size)
- Band-Aids
- Gauze Pads
- Cleaning Wipes
- Gloves
- Any books
- Scissors
- Any other craft items to make games
- Paper
- Magazines
- Any craft supplies to decorate flyers

# Week 1 - Welcome

Welcome to Babysitter's Club! We are excited for you to join this club. At the end of it, you will receive a certificate that makes you Kids 'R' Kids Babysitter Certified!

## Discussion

Why do you want to be a Babysitter? What do you think makes a good babysitter? What do you hope to learn by the end of this club?

## Teachers

Have each child in the group go around and talk about their ideas. Write them down on chart paper so the entire group can see.

## Activity

Create a Babysitting Bag. Behind every great sitter is a bag full of great tools and trinkets. Every week, your campers will fill their bag with items until it is complete. First, decorate the bag.

## Materials

- Canvas or Tote Bags (1 for each sitter)
- Any craft items to decorate bag (Markers, Stickers, Fabric Paint, etc.)



## Conclusion of Meeting

Read Chapters 1-3 in The Baby-Sitter's Club: Kristy's Big Idea (#1) by Ann M. Martin



# Week 2 - Safety

Welcome Back! This week you and your sitters will talk about Safety while Babysitting.

## Discussion

How do you keep safe while babysitting?  
What are some good rules to make?

## Teacher

Discuss these ideas and write down on chart paper for everyone to see. After you are finished with the campers' ideas, read "Safety Tips for Babysitting and Emergency Guide" in the Babysitter Bag Kit Resources.

## Activity

Make your own First-Aid Kit. A first-aid kit is great to add to your Babysitting Bag. Have your sitters create their own first-aid kit.

## Materials

- Zip-Lock Bags (Sandwich Size)
- Band-Aids
- Gauze Pads
- Cleaning Wipes
- Gloves



When finished, have campers add their first-aid kits to their sitter's bags. You can also make copies of the "Safety Tips and Emergency" from the Babysitter Bag Kit Resources. Have the campers add this to their bags as well.

## Conclusion of Meeting

Read Chapters 3-6 in *The Baby-Sitter's Club: Kristy's Big Idea (#1)* by Ann M. Martin



# Week 3 - Activities

Welcome Back! During this meeting, you and your sitters will discuss what type of activities do to while babysitting.

## Discussion

What should you do while babysitting? What type of activities should you do?

## Teacher

Write down everyone's ideas on chart paper. After recording the campers' ideas, read the "Activities by Age" in the Babysitter Bag Kit Resources. You can also make copies for each sitter to place in their bag.

## Activity

It is time to practice! Depending on the number of sitters you have in your club, set aside time to take 2 sitters at a time to a different classroom to read a story. Make sure you take pictures for keepsakes. If unable to travel to different classrooms due to social distancing guidelines, have your sitters practice story time with their fellow classmates.



## Conclusion of Meeting

Read Chapters 6-9 in *The Baby-Sitter's Club: Kristy's Big Idea (#1)* by Ann M. Martin



# Week 4 - Behavior

Welcome Back! During this meeting, you and your sitters will discuss behaviors and how to handle them.

## Discussion

What happens if the child you are babysitting misbehaves? What should you do?

## Teachers

Write down everyone's ideas on chart paper. After recording the campers' ideas, go over the "Behavior Tips and Tricks" in the Babysitter Bag Kit Resources. You can also make copies of both pages to go inside their bags.

## Materials

- Paper
- Crayons
- Markers
- Scissors
- Any other craft items to make games.

## Activity

1. Create your own games! Have sitters create their own games to add to their bag. For example, they can create their own matching card game, coloring sheets, bingo sheets, etc. Having a variety of games can help with misbehaving.
2. Have your sitters act out a scene together. Have each sitter take a turn being the Babysitter who is watching the other children. Have the other children "misbehave" and the sitter must find a way to redirect them.



## Conclusion of Meeting

Read Chapters 9-12 in *The Baby-Sitter's Club: Kristy's Big Idea (#1)* by Ann M. Martin



# Week 5 - Advertising

Welcome Back! Praise your sitters for making it this far! We are almost to the finish line! This week, you and your sitters will discuss advertising their newfound business.

## Discussion

What does advertising mean? What are some ways you can advertise your new babysitting services to people?

## Teacher

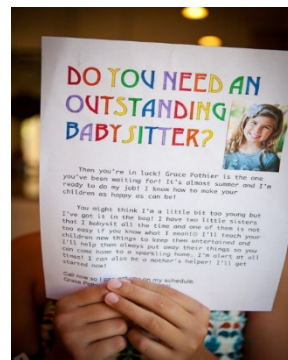
Define advertise to your sitters. Write down everyone's ideas on chart paper.

## Materials

- Paper
- Magazines
- Crayons
- Markers
- Scissors
- Any craft supplies to decorate flyers

## Activity

Create your own Babysitting Flyer! Create flyers that you can pass out to people you would like to babysit for. After creating their flyers, sitters can place flyers in their bags.



## Conclusion of Meeting

Read the Final Chapters (12-15) in *The Baby-Sitter's Club: Kristy's Big Idea (#1)* by Ann M. Martin. How did everyone enjoy the book?



# Week 6 - Graduation

Welcome Back! Today is the day! Praise your sitters for working so hard the past 6 weeks.

## Discussion

Did you like this club? What did you learn from this club? Are you ready to be a Babysitter?

## Teacher

Have a goodie bag with some treats and trinkets that sitters can add to the bag. Refer to: "Items For Your Bag" in the Babysitter Bag Kit Resources for suggestions. You can also make copies of that page for sitters to keep as well.

## Activity

It is Graduation Time! Print and write out Certificates prior to giving out. A suggestion would be to have some type of "ceremony" song as you pass them out. Be sure to praise the sitters as you do so. If able, you can provide a food treat as well. (Check with Administrators about food allergies.)

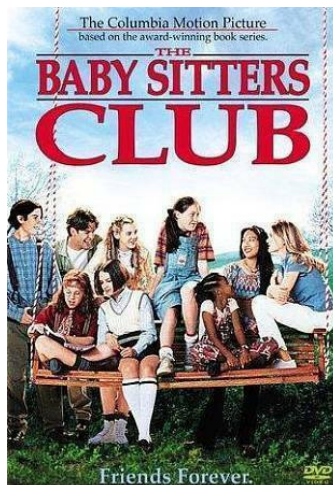


## Conclusion of Meeting

Watch The Baby-sitter's Club Movie (Rated PG)

Be sure to have permission from each parent prior. (See Movie Permission Download)

Rent Movie Here: <https://youtu.be/CW7PIUVJbCQ>







# *Certificate of Completion*

This is to certify that

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has successfully completed a course in

## **BABYSITTING SKILLS**

On the \_\_\_\_\_ Day of \_\_\_\_\_ In the Year \_\_\_\_\_

At: \_\_\_\_\_.

Signed,

\_\_\_\_\_  
\_\_\_\_\_

Babysitter



BAG  
KIT

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- 8 Behavior Tips and Tricks
- 9 Activity Cards and Backing



## Disclaimer and Babysitting Resources/References

This manual is intended for a quick reference guide and resource. It is not intended to replace or act as a comprehensive babysitting course. Please make sure you and/or your babysitters are adequately trained. Thank you!

- Babysitting Training (Free Manual and Detailed Emergency Reference Book) - <http://www.redcross.org/take-a-class/program-highlights/babysitting-caregiving>
- A Guide to Babysitting - <http://urbanext.illinois.edu/babysitting/index.cfm>
- Babysitting Handbook and Activities - <http://www.youthonline.ca/babysitting/>

# BABYSITTER INFO SHEET

## Home Information

Home Address:

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Phone Number:

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## We Will Be At...

Location: \_\_\_\_\_

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We Should Be Home Around:

---

## Phone Numbers

Parent: \_\_\_\_\_

Parent: \_\_\_\_\_

Neighbor: \_\_\_\_\_

Other: \_\_\_\_\_

Police: \_\_\_\_\_

Fire: \_\_\_\_\_

Poison: (800) 222-1222

## House Rules

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Child Info

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Notes: \_\_\_\_\_

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## Child Info

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Notes: \_\_\_\_\_

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## Child Info

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Notes: \_\_\_\_\_

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## Child Info

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Notes: \_\_\_\_\_

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# TIPS TO BE A GREAT SITTER

- 1 Be Confident** about your job.
- 2 Be Calm** in every situation.
- 3 Be Creative!** Play games, do a craft, read stories, etc.
- 4 Be Fun!** Play with the kids, don't just watch TV or play on your phone.
- 5 Be Safe!** Follow the Household Rules and Safety Rules Handout.
- 6 Be Clean!** Help the kids clean up and tidy the house when done.
- 7 Be Alert!** Be aware of what ALL the kids are doing.
- 8 Be Interesting!** Ask the kids questions about themselves.
- 9 Be Firm!** Don't let the kids push you around, you're the boss.
- 10 Be Healthy!** If you're sick, be courteous and let the family know.
- 11 Be Prepared!** Know the family, their rules, and take your babysitting kit!



BE THE BEST SITTER  
YOU CAN BE!

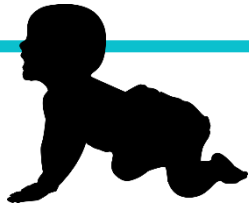
# SAFETY TIPS FOR BABYSITTING

- 1 Never babysit for someone you or your parents **don't feel comfortable with**. It's ok to turn a job down!
- 2 Know how and where to **reach the parents** if there's an emergency.
- 3 Know when the parents are **planning to return**.
- 4 **Don't be afraid to call** someone if you have a concern.
- 5 If someone seriously gets hurt, **call 911!**
- 6 Never leave a child **unattended**.
- 7 If you decide to answer the phone, **don't tell them you're babysitting**.
- 8 If you're not sure what to do, **call the parents**.
- 9 As a general rule, **don't answer the door** unless you're absolutely certain you know who it is.
- 10 **Don't have friends over to play**. They can come over once the parents return. Babysitting will be much easier if it's only the kids you are being paid to watch.
- 11 Be aware of what to do in an **emergency situation**. (*See handout.*)
- 12 Try to **avoid cooking** if possible. Make sandwiches and simple snacks that don't involve the stove and oven to avoid burns and fires.
- 13 Keep the **windows and doors locked** at all times.
- 14 If you decide to leave the house, be sure you have a key and **lock up**.
- 15 Have fun but remember, you're in charge of **keeping everyone safe!**



# ACTIVITIES BY AGE

## Infants



- Play with bright toys.
- Take them outside.
- Hold, rock and sing to babies.
- Play different kinds of music.
- Give them soft toys to hold and feel.
- Put bright toys near babies so they can reach out or move toward them.
- Read aloud books that have bright and colorful pictures.
- Give babies toys they can move and make noise with.
- Remember infants put everything in their mouths!

## Preschoolers



- Make a puzzle.
- Make a fort.
- Write a story.
- Animal Charades.
- Color or paint a picture.
- Play tic-tac-toe.
- Preschoolers LOVE to pretend.
- Play a simple board game.
- Make a paper bag puppet.
- Play Red Light/Green Light.
- Play with stamps or stickers.
- Play dress up.
- Play the I-SPY game.
- Play the Hot and Cold game.
- Do a Treasure Hunt.

## Toddlers



- Play with play dough.
- Color or paint a picture.
- Do a simple scavenger hunt.
- Pretend to cook with play dishes.
- Play "house" with dolls.
- Sing silly songs.
- Go for a walk.
- Read stories together.
- Build a tower.
- Do a simple puzzle.
- Play the Memory game.
- Play Simon Says.
- Play with blocks.
- Blow bubbles.

## School Age



- Play sports like basketball, catch, etc.
- Make musical instruments.
- Play a board game.
- Perform a play or puppet show.
- Make a dance routine.
- Take fun photos together.
- Play tag or Hide n' Seek.
- Play charades.
- Play with chalk.
- Play hopscotch.
- Write a cartoon strip.
- Make a clubhouse.
- Do a craft.
- Origami

**Avoid TV and Movies!**

# ITEMS FOR YOUR BAG

- Crayons
- Markers
- Glitter Glue
- Coloring Pages
- Games
- Puzzles
- Books
- Popsicle Sticks
- Play Dough
- Silly Putty
- Bubbles
- Stickers
- Stamps
- Pipe Cleaners
- Chalk
- Balloons
- Bean Bags
- Cars
- Small Play Toys
- Play Money
- Fake Makeup
- Slinky
- Jewelry
- Construction Paper
- Crafts
- Foam Paper
- Frisbee
- Small Soft Balls
- Color Changing Markers
- Finger Paint
- Flashlight
- Mini Stuffed Animals
- Tape
- Activity Books

- Choose a few items listed for your bag.
- Be aware of any **choking hazards** and leave these items home if you're watching younger children.
- Be sure to help clean up any **messy activities**.







# SONGS TO SING

## Do As I'm Doing

Do as I'm doing;  
Follow, follow me!  
Do as I'm doing;  
Follow, follow me!  
If I do it high or low,  
If I do it fast or slow,  
Do as I'm doing;  
Follow, follow me!  
Do as I'm doing;  
Follow, follow me!

## Head, Shoulders, Knees and Toes

Head, shoulders, knees,  
and toes, knees and  
toes, knees and toes,

Head, shoulders, knees,  
and toes, eyes, ears,  
mouth, and nose.

## Eensy Weensy Spider

The eensy weensy spider  
climbed up the water  
spout,  
Down came the rain  
and <sup>[SEP]</sup> washed the spider  
out,  
Out came the sun  
and <sup>[SEP]</sup> dried up all the rain,  
And the eensy weensy spider  
climbed up the  
spout again.

## If You're Happy

If you're happy and you  
know it, clap your  
hands.\* (clap, clap)

If you're happy and you  
know it, clap your hands.  
(clap, clap)

If you're happy and you  
know it,  
Then your face will surely  
show it.

If you're happy and you  
know it, clap your hands.  
(clap, clap)

## Old MacDonald

Old MacDonald had a  
farm, E-I-E-I-O  
And on that farm he had  
some cows,  
E-I-E-I-O

With a moo-moo here and  
a moo-moo there Here a  
moo, there a moo,  
everywhere a moo-moo

Old MacDonald had a  
farm,  
E-I-E-I-O

## Do Your Ears Hang Low

Do your ears hang low?  
Do they wobble to and  
fro?  
Can you tie them in a  
knot?  
Can you tie them in a  
bow?  
Can you throw them  
o'er your shoulder?  
Like a continental  
soldier?  
Do your ears hang low?

## Humpty Dumpty

Humpty Dumpty sat  
on the wall,  
Humpty Dumpty had  
a great fall.  
All the king's horses  
And all the king's men  
Couldn't put Humpty  
together again.

## Pop Goes The Weasel

'Round and 'round the  
cobbler's bench,  
The monkey chased the  
weasel,  
The monkey thought  
'twas all in fun,  
Pop goes the weasel

# EMERGENCY GUIDE

## Quick Reference Only

Don't hesitate to call the Parents or 911 if you need help or have questions. Play it safe!

References: [www.redcross.org](http://www.redcross.org) and <http://www.babycenter.com>

### Poison Control



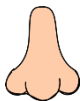
(800) 222-1222

### Minor Bleeding



- Apply direct pressure
- Wash wound with soap and water
- Cover with bandage

### Nose Bleed



- Have child lean slightly forward
- Pinch the nose for about 10 minutes
- Apply ice or cold pack to bridge of nose

### Burns



- Cool the burn by holding under cool running water until pain subsides
- Run a paper towel under cold water and loosely wrap the burn for additional relief

### Choking



#### Child 1-12

- Lean child forward and give 5 back blows with the heel of your hand between the shoulder blades.
- Then give 5 quick, upward abdominal thrusts by placing the thumb side of your fist against middle of the stomach just above the belly button and grab your fist with your other hand.
- Repeat 5 back blows and 5 abdominal thrusts until object is removed.

#### Infant Under 1

- Place infant facedown along forearm and lower arm onto your thigh so that the baby's head is lower than his chest.
- Give 5 back blows with the heel of your hand between the shoulder blades.
- Do 5 chest thrusts by placing two or three fingers in the center of the baby's chest and pushing straight down on the chest about 1 1/2 inches.
- Repeat 5 back blows and 5 abdominal thrusts until object is removed.

### Vomit/Sick



- Have the child lie down and wait 20 minutes to make sure they don't vomit again while contacting the parents.
- After 20 minutes, give them small sips of CLEAR liquid (water, Sprite, etc.) and keep them resting.

### House Fire



- Get everyone out and away to safety

### Splinter



- Squeeze the splinter from both sides to try and work it back out the way it came in.
- If that doesn't work, get some tweezers and grasp the end of the splinter with the tweezers and pull it back out of the skin.
- Be careful not to pull it from the opposite direction and cause the splinter to break.

# BEHAVIOR TIPS & TRICKS

## Reasons for Misbehavior

- **Tired** and needs a nap
- Needs **food/drink**
- Feels **ill**
- Too much **stimulation**
- Feels **bored**
- Feels **frustrated**
- Feels **scared**
- Wants **power and control**
- Needs some **attention**
- {**Infants**} Burp/Food/Diaper/Tired

## Preventing Misbehavior

- **Praise** the good behavior
- Give them **choices** within reason
- Use **positives** (Can's and Do's instead of No and Don'ts)
- Use **humor**
- **Give warnings** (It's time to clean up in 5 minutes...)
- **Remove the child** from the setting

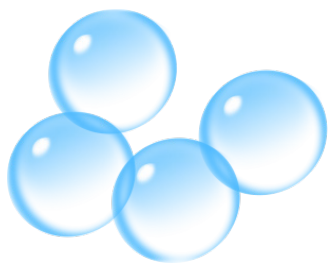
## Handling Misbehavior

- **Divert attention** and **distract** with songs, questions, games, toys, etc.
- **Ignore misbehavior** and praise the good behavior
- Suggest an **alternative behavior** (Rolling a ball instead of throwing, etc.)
- Consequences
  - Choose either a **logical consequence** (toy taken away, etc.) or **problem solve** with the child
- **Timeout**
  - If a child misbehaves, say "That's a 1." If they do it again, "That's a 2." Once they reach a 3, they will need to sit quietly in the corner. 2 yr old for 2 min, 3 yr old for 3 min., etc.

## Reward System

- Have a small supply of rewards the kids know they can earn for good behavior before you leave.
- If a child misbehaves, tell them "That's a 1!" If they misbehave again, say "That's a 2!" If they reach a 3, they know they won't get to pick a prize at the end.
- Prize Suggestions
  - Stickers
  - Smarties
  - Dum Dums
  - Candy
  - Pencils
  - Simple toys
  - Craft item
  - With regulars, have the kids earn parts of a larger prize

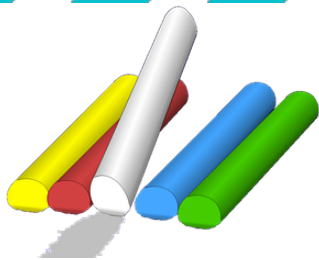
Blow  
Bubbles



Play a  
Game



Color With  
Chalk



Play a  
Sport



Paint a  
Picture



Go  
Outside



Read a  
Book



Do a  
Treasure  
Hunt



Color a  
Picture



Dance or  
Sing to  
Music



