FOR IMMEDIATE RELEASE

Lindsborg Community Hospital offers SAFE SITTER® course for young teens
Medically-Accurate Program Teaches Babysitting Basics & More

Lindsborg Community Hospital has become a Registered Safe Sitter® Teaching Site and now offers the comprehensive babysitting training program for young adolescents 11-14 years old. The first class is scheduled for Saturday, April 30, 8:30 to 3:30 at the Lindsborg Safety Center. Class size is limited to the first 16 paid applicants. Registration will open April 4th. Cost of the class is $25.00 which includes lunch and the handbook.

The nationally-recognized program was developed by Indianapolis pediatrician Dr. Patricia Keener after a colleague’s toddler choked to death while in the care of an adult sitter who didn’t know what actions to take. Students who complete the Safe Sitter® program gain confidence and learn how, why and where injuries can happen so they can be prevented. They are taught infant and child choking rescue and CPR.

Class participants also learn how a child’s age affects how to care for them, how to prevent problem behavior, how to run their own babysitting business as well as issues of online and cellphone safety.

All sites registered to teach Safe Sitter® utilize only Safe Sitter®-trained Instructors. The class instructors are Betty Nelson and Cynthia Woodard from the hospital’s Marketing & Development Department, and City of Lindsborg Parks & Rec Director, Kate Elliott. “This is a request we have received several times over the last couple of years,” commented Nelson. “There are other on-line courses available, but the nearest registered sites are in Newton and Abilene. This program offers more than fundamentals, with hands-on activities and role playing. Kate volunteered to come on board as an instructor, and we are pleased to be able to include a City staff member who many of our participants will already know.”

For more information contact Cynthia Woodard at Lindsborg Community Hospital, 785-227-2911, ext 238 or email cwoodard@lindsborghospital.org. Applications are available at the hospital or on their website at www.lindsborghospital.org and Facebook page.