



nested

Preparation for Birth & Baby & Life-Saving Skills to Build Healthy Communities

[www.nestedbaby.com](http://www.nestedbaby.com)

## Nested's Comprehensive Babysitting Course Including Pediatric & Adult First Aid/CPR/AED Certification

While every family and situation are unique, there are some universal life-saving skills and techniques that every babysitter should know how to do.

Nested offers this [American Red Cross Comprehensive Babysitting class with Pediatric & Adult CPR/Choking Prevention/First Aid/AED certification](#) in a blended learning class format to help you learn and practice the latest life-saving skills and basic childcare techniques. It consists of a self-paced, interactive online session to be taken in the convenience of your home, followed by an in-person, hands-on skills training and discussion session with one of Nested's certified American Red Cross instructors.

*This course is ideal for teens and young adults (for 7th graders and above) to help prepare them to recognize and respond to a variety of breathing and cardiac emergencies involving babies, children and adults. In addition to learning life saving techniques, clients will learn the business side of babysitting, including determining fees, marketing, interviewing families and more.*

**AUDIENCE:** 7<sup>th</sup> graders and above

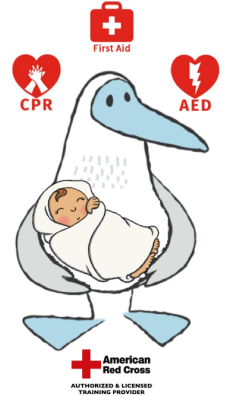
**LOCATIONS:** DCJCC in Washington, DC and in Arlington, VA – *NOTE: ALL breathing portions of CPR practice are conducted outside.*

**PRICE:** \$180 / person – *Please [contact Nested](#) for special group pricing*

- 1 registration ticket is for 1 person for the class — to access the online portion & attend the hands-on in-person portion of the class. Refunds are not available for this class. Should you choose to not complete or are unable to complete the online portion of the class, you may still attend the “hands on” in-person portion of the class to learn & practice techniques *WITHOUT* receiving the 2-year certification.
- Registration closes 2 weeks prior to the class date. This provides time for the client data to be processed into the American Red Cross system, which will then auto-send the account creation & log-in details to the clients to provide plenty of time to take & successfully pass the online portion of the class.

**4-HOUR TIME COMMITMENT:** American Red Cross online learning portion is 1-2 hours (done at your own pace at home), followed by a 2-hour in-person class for review and hands-on practice. *NOTE: The online portion must be completed PRIOR to being eligible to attend the hands-on portion of the class.*

- The online session must be successfully completed at least 2 days PRIOR to attend the in-person class. Please allow 2 hours for the online portion.
- During the 2-hour in-person portion of the course, the instructor will show how to resuscitate using CPR and an automated external defibrillator (AED) on specialized, non-responsive infant and adult CPR dolls as well as choking prevention strategies.





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Attendees will be able to practice techniques on the dolls and must demonstrate each technique successful in order to obtain the 2-year CPR certification.

In order to obtain a course completion certification card, students must successfully complete the course, which includes both the online portion as well as the in-person first aid skills demonstration, a CPR and AED skills test. Upon completion, students receive an American Red Cross CPR Certification, which is valid for 2 years. This course satisfies OSHA-mandated job requirements, workplace or other regulatory requirements.

## **Overview of Class**

- Learning how to speak with potential families about rules and expectations of your babysitting availability, including consent forms, fees, etc.
- Conducting a self-assessment to determine your skill set, the number of kids and type of duties you'd be comfortable with providing
- Learning how to safely advertise yourself
- Caring for kids from feeding to bedtime, including ideas about activities to play with children
- Learning what is an emergency and how to handle it
- Working through difficult babysitting scenarios

## **Included Tools and Resources**

- Resume template
- Family interview form

*Please note that upon registration and payment for this course, you will receive a payment confirmation registration email; and an email with instructions & a link to the American Red Cross portion of the interactive online CPR session -- this email may not arrive for 2-3 days. You will also receive a reminder email a few days prior to the hands-on portion of the class with logistics & location details. Be sure to check your junk/spam folder for emails from: info@ & admin@ nestedbaby.com.*

## **ABOUT NESTED**

*Drawing upon more than 2 decades of experience as a healthcare provider, public health advocate, educator & mom, [Nidhi Reva, MPH, PA-C](#) founded Nested LLC in 2017 to empower women & their families, both locally & abroad, by providing them with childbirth & newborn care education and invaluable medical & public health resources.*

*Nested's comprehensive, HIPAA-compliant childbirth education (CBE) and newborn & infant care with CPR certification and choking prevention (NB/CPR) [classes](#) promote a safe, casual, interactive learning environment to prepare expectant parents, grandparents & caregivers for physical and emotional pregnancy issues and for their baby's arrival. In 2022, Nested started offering two American Red Cross certified classes: Pediatric and Adult CPR/Choking Prevention/First Aid/AED Education, and Comprehensive Babysitting Course with Pediatric & Adult First Aid/CPR and AED Certification.*



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