

Pointers For Parents

Babysitter Smarts

(NAPSA)—Taking a few simple steps before they walk out the door can help many parents have more peace of mind when they leave their little ones with a babysitter.



When a babysitter is certified in CPR and first aid, parents can breathe a little easier.

First, make sure the sitter has important information such as a phone number where the parents can be reached, and an alternate emergency number in case they can't. He or she also ought to know how to reach the police, fire departments and poison control center. The sitter should be alerted about whether the child has any allergies or other medical conditions and what to do about them. He or she should also know two ways out in case of fire and where to find fire extinguishers and a first aid kit.

In addition, parents may want to request that the sitter have certification in CPR, such as is offered by the American Safety and Health Institute (ASHI). It's a leading first aid training and safety organization, dedicated to designing and delivering programs in health, safety and emergency medical care.

For more information about CPR and babysitting training or any first aid and emergency courses offered in more than 3,000 ASHI-authorized training centers, see www.ashinstitute.com or call 1-800-246-5101.