

# CADETTE BABYSITTER BADGE – MEETING 1

**Badge Purpose:** When you’ve earned this badge, you’ll be prepared to babysit and will have tried out your skills on the job.

**Activity Plan Length:** Varies, depending on training course.

Time	Activity	Materials Needed
5 minutes	Getting Started <ul style="list-style-type: none"> <li>Begin the meeting by reciting the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
Varies	Be Prepared—Babysitter Edition <ul style="list-style-type: none"> <li>Find and complete a babysitter or child care training class.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access
20 minutes	Child Development 101 <ul style="list-style-type: none"> <li>Look into the characteristics of three different age groups.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> Child development charts (3 per girl) <input type="checkbox"/> Writing utensils
5 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

## Getting Started

Time: 5 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

## Activity #1: Be Prepared—Babysitter Edition

Time: Varies

Badge Connection: Step 1 – Get to know how kids develop and Step 2 – Prepare for challenges

Materials Needed: Phone or computer with internet access

Prep Needed:

- NOTE: For this step, girls will need to complete a babysitter or child care training course. The length of these courses depends on the course provider, but plan on them taking about five to six hours.

- Taking care of kids can be fun, but it’s also a big responsibility. There’s more to babysitting than just playing games with kids—though that’s important too! Learning the best ways to communicate with kids, first aid



skills, and how to handle emergencies will help you feel more prepared to babysit. Having these tools in your toolkit will also help parents trust you to take care of their kids (that means more babysitting gigs for you!).

2. Make sure you're fully prepared by taking a babysitter training course. Some places that offer babysitter and child care training classes:
  - American Red Cross: [redcross.org/take-a-class/babysitting-child-care](http://redcross.org/take-a-class/babysitting-child-care)
  - Safe Sitter: [safesitter.org/find-a-class](http://safesitter.org/find-a-class)
  - YMCA or YWCA
  - Community centers

## Activity #2: Child Development 101

Time: 20 minutes

Badge Connection: Step 1 – Get to know how kids develop

Materials Needed: Phone or computer with internet access; child development charts; writing utensils

Prep Needed:

- Print out copies of the child development chart (3 per girl).
1. Kids of different ages have different needs, interests, and behaviors. Knowing what to expect at each stage, and how best to interact with kids at those stages, are important babysitting skills to have.
  2. Remember to factor in your personal comfort level when you think about your future babysitting plans. Maybe you feel totally fine caring for older kids (5 – 7), but aren't so sure about being responsible for newborns and infants. That's okay! Setting up these boundaries for yourself is also important—know what you're getting yourself into so that you can set up proper expectations with the families you'll be working with.
  3. Pick three age groups to focus on, then read up on child development for those groups:
    - Newborns and infants (up to age 1)
    - Toddlers (1 – 2)
    - Preschoolers (2 – 4)
    - Young kids (5 – 7)
    - Older kids (8 – 10)
  4. Some good online resources on child development:
    - CDC (Center for Disease Control): [cdc.gov/ncbddd/childdevelopment/index.html](http://cdc.gov/ncbddd/childdevelopment/index.html)
    - Center for Parenting Education: [centerforparentingeducation.org/library-of-articles/child-development/child-development-by-age](http://centerforparentingeducation.org/library-of-articles/child-development/child-development-by-age)
  5. As you collect information, record your findings in your child development chart (use a separate chart for each age group). Keep these charts handy and use them to refresh your memory before you head out on a babysitting job.

## Wrapping Up

Time: 5 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

## More to Explore

- Field Trip Ideas:
  - Visit a children's museum and see how the exhibits encourage healthy child development and creative exploration.



- Speaker Ideas:
  - Invite an older Girl Scout who's earned their Babysitter badge to give tips and tricks on being a good babysitter.
  - Invite an early childhood educator or elementary school teacher to your meeting to talk about their experience working with children.



**CHILD DEVELOPMENT FOR AGES:** \_\_\_\_\_

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