



Cadette Babysitter How-To Guide For Girls in Grades 6–8

INTRO

Welcome to the Babysitter How-To Guide for Adults! This guide will help you work through the babysitter badge with your Girl Scout Cadette. It is meant for you to help guide them through the following activities.

BABYSITTERS HANDBOOK

See attached American Red Cross Babysitters Handbook. Have your Girl Scout read through the main and important sections in preparation for this badge activity. It's important to set the groundwork before we get to the fun activities! Reference the chapters they should review for relevant information pertaining to this badge.

Recommended Sections to Review: Chapter 2 and Chapter 4.

Badge Requirement: Get to know how kids develop



Supplies Needed

- American Red Cross babysitters handbook (PDF)

Time to Complete

- 10-15 minutes

CREATE YOUR BABYSITTING BAG!

For this activity, you'll need to find a good-sized bag that will fit all the necessary items for your babysitting job! These can include fun items like games, First Aid supplies and more! This bag will hold items and necessary supplies for both the babysitter and the kid(s) being cared for by your Girl Scouts. Don't forget anything! Be sure to keep a copy of the supply list to ensure they have everything each time they head out to a babysitting gig.

Before looking at the below list, ask your Girl Scout to think about what kinds of things she should take with her. What items is she bringing? Use the remaining time find the recommended First Aid items and create the bag!

Babysitting Bag Checklist

- Basic first aid supplies/kit
 - Band-aids/antibiotic ointment
 - Cleaning wipes
 - Safety pins
 - Tweezers
 - Ice pack
- Age appropriate puzzles or board games
- Coloring pages
- Crayons or markers
- Age appropriate books
- Reusable water bottle (for your own beverage)
- Reusable snack bags (for your own snacks)
- Craft supplies *optional*



Supplies Needed

- Medium sized durable bag
- Babysitting bag checklist
- Various items from babysitting bag checklist

Time to Complete

- 20 minutes

Badge Requirement: Prepare for challenges

NAME THAT GAME!

Your Girl Scout will want to be well-versed on lots of different games for any age level. Below you'll find a list of some fun games or activities you can practice together as a family!

- Balloon Badminton – blow up a balloon and take turns hitting it over a stationary object.
- Storytelling Game – have one person start out a story with a few lines. Take turns with everyone filling in the next part of the story until it's complete.
- Fortune Teller – pretend to read each other's fortunes. You can even make a 'crystal ball' if you'd like to add some fun!
- Pillowcase Races – grab some pillowcases and have each kid get inside and hop as fast as they can between a start and finish line. Be sure to do this on a non-slippery surface!
- Chalk – head outside and draw as much as you can!
- Nature Scavenger Hunt – make a list of things you find in nature and walk around the neighborhood to find them all.
- Tea Party – grab everyone (toys included) and host a tea party.
- Fort Building – find a stash of blankets and turn their bedroom or living room into a fort.
- Sock Bowling – roll up some socks and find something to use as bowling pins. Have each person take a turn rolling the sock ball into the pins and see who can knock the most down!
- Lava Floors – the floor is lava! Move around the room without stepping on the floor. Be sure to avoid using fragile/rocky furniture!
- Freeze Dance – play your favorite tunes and have everyone in the same room. While the music plays every few seconds (or minutes) call out "freeze!". Anyone who doesn't freeze is out for that round!

After you practice the games together, ask your Girl Scout to think about what games are better for different age levels of kids. What would work best for ages 3-6? What about ages 7-10?

Badge Requirement: Focus on play



Supplies Needed

- Various supplies

Time to Complete

- 20 minutes

START YOUR BUSINESS

Now it's time to think about how your Girl Scout can earn future babysitting jobs!

This is the time for her to “network”! Walk her through creating an ad, brochure, social media profile, or any other type of grassroots marketing she can use to find babysitting jobs.

Encourage her to include “resume items” like her experience, any certifications she may have (CPR, First Aid, etc.), skills like cooking, crafting etc., or other items or skills that will be helpful for potential babysitting clients to know. It's also a good idea to include the rate she thinks she'll charge per hour.

Badge Requirement: Finding potential employers



Supplies Needed

- Paper
- Pen/Pencil
- Various other items

Time to Complete

- 20+ minutes

PRACTICE MAKES PERFECT

It's time to get her out in the field and build upon the things she has learned. Does she have younger siblings or cousins she could practice babysitting? How about a close family friend? Find someone to help with a trial run. During a trial run parents or an adult should stay close by, in case of emergencies. Once she gets a few rounds of practice, she'll be ready to tackle her first 'client'!

Badge Requirement: Practice your babysitting skills



Supplies Needed

- Babysitting bag

Time to Complete

- Time dependent on babysitting job



ONCE YOUR GIRL SCOUT COMPLETES THESE ACTIVITIES, THEY HAVE EARNED THEIR BADGE!

Badges can be purchased at shopgirlscouts.com



**NOT A GIRL SCOUT? NOT A PROBLEM!
LEARN MORE ABOUT JOINING!**

girlscoutsgcnwi.org/join

Girl Scouts of Greater Chicago and Northwest Indiana
girlscoutsgcnwi.org