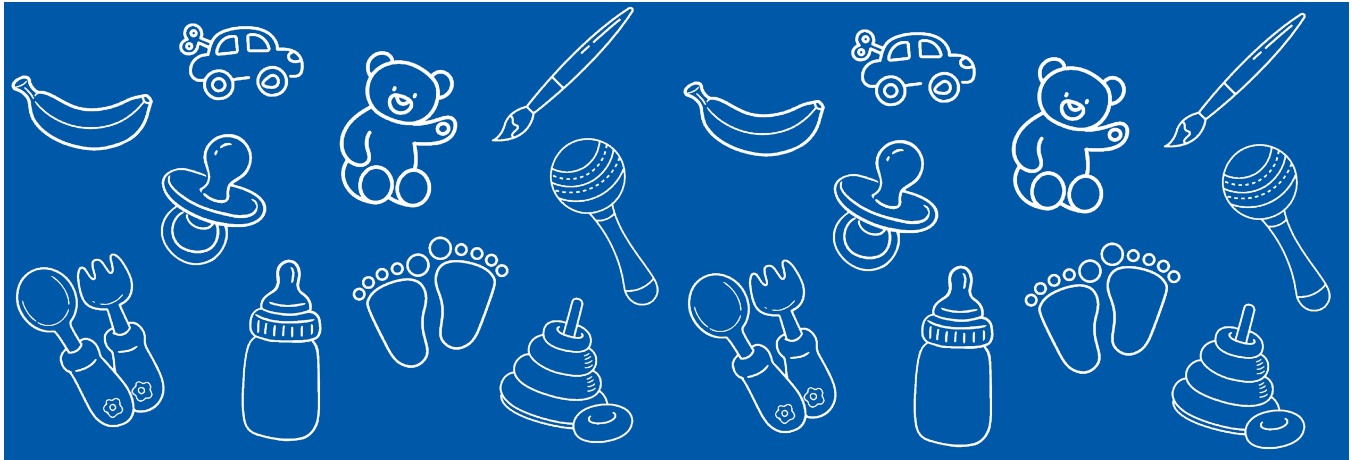




**SOUTH DAKOTA STATE
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Babysitting Workshop: Facilitation Guide



Babysitting Workshop

The purpose of the Babysitting Workshop is to teach youth the skills, knowledge, and responsibility needed to provide safe and effective childcare. The program introduces participants to babysitting as both a service and a business, helping them practice professionalism, develop strong work habits, and set high standards of care. Through hands-on, age-appropriate activities, youth gain confidence, life skills, and practical experience that prepare them for future jobs and leadership roles.

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Babysitting Workshop

Introduction

Purpose

The purpose of the Babysitting Workshop is to teach youth the skills, knowledge, and responsibility needed to provide safe and effective childcare. The program introduces participants to babysitting as both a service and a business, helping them practice professionalism, develop strong work habits, and set high standards of care. Through hands-on, age-appropriate activities, youth gain confidence, life skills, and practical experience that prepare them for future jobs and leadership roles.

Mission

- To equip youth with the skills, confidence, and responsibility needed to provide safe and professional childcare.
- To teach young caregivers how to watch, care, and lead with confidence—making babysitting safe, fun, and rewarding.
- To prepare youth for success by developing childcare skills, responsibility, and leadership through hands-on, age-appropriate learning.
- To empower youth to treat babysitting as both a service and a business, fostering professionalism, strong work habits, and personal growth.
- To inspire youth to provide safe, nurturing care while building skills, confidence, and a sense of responsibility to their families and communities.



Babysitting Workshop

Planning

Keys to a Successful and Exceptional Babysitting Workshop

What is a successful Babysitting Workshop? It's a babysitting workshop that results in its participants or those touched leading safer lives. A Babysitting Workshop is successful if one person learns something that can prevent an injury or save a life when watching younger children.

A truly exceptional Babysitting Workshop is one that is safe, educational, exciting, hands-on and offers age-appropriate lessons with engaged presenters.

- Fun, Age-Appropriate Sessions
 - » Include fun, hands-on activities
 - » Schedule short sessions - 35-40 minutes is optimum
 - » Divide participants into groups of no more than 10-15 per group
 - » Make sure instructors are teaching accurate and age-appropriate material.
 - » It is important to have a back-up plan for a presenter that doesn't show, weather issues, etc.

Date - When Will You Hold Your Babysitting Workshop?

The best time to hold a Babysitting Workshop varies from community to community and year to year. To find a date for your Babysitting Workshop, look at the activities already occurring in your community and consider the following:

- When will most participants be able to attend?
- When are presenters, group leaders, and other volunteers available?
- How much time do you need to plan and prepare for the Babysitting Workshop?
- Where is a suitable location? When is it available?

Successful Babysitting Workshops have been held on both weekdays and weekends. When deciding on a time for a babysitting workshop, scheduling it during the spring or early summer is ideal. This period is perfect because young individuals are often eager to start their babysitting ventures as the summer approaches.

Timeline - What You Need to Do and When

Here's a *suggested* timeline and checklist that includes many of the tasks that need to be done before your Babysitting Workshop. **However, adapt this to fit the needs of your specific program.**

Five Months Out (or earlier)

- Assess community interest
- Make contacts in the community, identifying key individuals, groups, and businesses that could possibly be presenters
- Recruit planning committee members who will follow through with all assignments they accept to help make the day go smooth.
- Have an initial planning committee meeting.
- Set goals and objectives of what youth will learn.

- Select and confirm the best location.
- Select and confirm the date.
- Select and determine session speakers.
- Discuss how to reach the intended audience.

Four Months Out

- Confirm date with speakers and host site.
- Develop a budget; include registration fee as income.
- Start gathering take-home bag items.
- Create a registration plan; consider means for collecting registration information and workshop fees.
- Using provided flyer template, complete pertinent information including: date, time, location, registration information (ages, cost, registration due date, QR code if using a digital registration), and contact information for workshop host/organizer.

Two to Three Months Out

- Start marketing the program through Newsletters, Facebook Pages, send out School Flyers
- Open registration (6-8 weeks prior to closing date)

One Month Out

- Assemble take home bags.
- Secure volunteers; parents, older youth, etc.
- Have registration forms returned or close online registration
- If providing snacks or a meal, finalize food plan and place orders/purchase supplies.

One Week Out

- Send a letter or email to registered participants with program details, including times, location, and contact information for questions before or on the day of the event.
- Make name tags.
- Gather presenter supplies, if requested.
- Call to re-confirm with presenters.

Day Before

- Set up the facility with space for learning sessions, registration, opening and closing ceremonies, and lunch.

Day of Your Babysitting Workshop

- Good Luck!
- Check in registered participants; present each youth with name tag and group assignment.
- Help presenters get set up.
- Split youth into groups.
- Time out rotations and give the presenters a 5 minute warning and then help groups rotate.
- Prepare snacks/lunch
- Thank presenters, see Presenters on page 9.
- Hand out certificates and take-home bags to all youth at the conclusion of the day.
- Clean up the facility.

Goals and Objectives - What do you want to accomplish?

Goals and objectives help give direction to your Babysitting Workshop. Both overall program goals and objectives, as well as those you develop to address specific local needs, should be the focus of your Babysitting Workshop. As you plan and implement, periodically review the goals and objectives with all your presenters and volunteers to help you stay focused on what you need to do.

Program Goals

- Increase youth confidence to care for children independently.
- Help youth feel prepared to handle unexpected situations calmly.
- Introduce babysitting as a first job opportunity.
- Encourage positive decision-making and ethical behavior as older role models.

Program Objectives

After attending a Babysitting Workshop, participants should be able to:

- Recognize common home and child safety hazards.
- Demonstrate appropriate responses to basic emergencies (cuts, choking, fires, illness)
- Identify when and how to seek help from a trusted adult or emergency services.
- Understand age-appropriate care and supervision for infants, toddlers, and school-age children

Participants - Who do you want to Attend your Babysitting Workshop?

Age of Participants

Decide what age group you want to teach. Most Babysitting Workshops are designed for ages 10 to 13.

Number of Participants

Realistically, what number of participants can you handle? Based on the number of presenters available, an ideal group size is 10–15 participants. With four presenters, this allows for four groups and a total of approximately 40–55 youth to participate in the event.

Location

What site is best for the Babysitting Workshop?

Depending on the number of participants you plan to reach and the activities you want to include, there may be only a few locations in your community that can accommodate your Babysitting Workshop. It is important that you decide on a site and book it well in advance. Some possible locations include:

- 4-H Building/Fairgrounds
- Community Center
- School
- Library
- Churches

Site Set-Up - Getting the Location Ready

Visit the site well in advance of your program and assign space for each learning session, registration, opening and closing ceremonies, and lunch. Look closely at the entire facility and determine the following:

- How do you want traffic to flow as people arrive and leave the program?
- What signs do you need to direct people to the correct program areas?
 - » We suggest making signs for registration, each session topic, restrooms, first aid, and the large group assembly area.
- What tables, chairs, trash cans, microphones, audio equipment, etc are needed?
- When can you get into the facility to set up? How long do you have to clean up and vacate the facility after the program?
- If the site can be set up the day before, is it safe to leave equipment and supplies overnight?
- What time should everything be set up so that the site is ready for participants and volunteers as they arrive?
- What items will you need to set up the site and help the program run smoothly?

Scheduling

Scheduling Tips

To help your Babysitting Workshop flow smoothly, it's important to carefully and realistically schedule all sessions and breaks. If you don't stay on schedule, you may end up with mass confusion and not be able to finish the scheduled activities. Babysitting Workshops are usually made up of a combination of the following activities:

- Welcome and Pre-Test
- Workshop Rotations - four sessions (*see example schedule*)
- Breaks
- Lunch
- Large Group Sessions
- Post-Test, present certificates, and hand out take-home bags

Topics to Cover in Welcome Session

- Introduce yourself and other workshop presenters/volunteers
- Safety and other rules
- Directions to water, restrooms, etc.
- Review the day's schedule and activities
- Share expectations of participants – behavior, learning outcomes, etc.
- Have participants take a pre-test

Topics to Cover in the Closing Remarks

- Closing comments from participants (limit to five minutes), including a general thank you to sponsors and volunteers
- Have participants take a post-test
- Hand out take-home bags and certificates

Registration Scheduling

- Plan plenty of time for morning registration and check in (usually 15-30 minutes). If you plan registration from 9:00 to 9:30, tell participants that the day starts at 9:00. If you announce registration times, everyone will arrive at the last minute.
- The registration process sets the tone for your babysitting workshop. You want it to flow as smoothly as possible to be sure that you don't start the day "off schedule."

Workshop Rotations

- Organize topics into rotating sessions so each small group cycles through all four lessons..
- Keep group size small enough and session length short enough to allow each child to be involved, without losing the attention of the others in the group. For hands-on, participatory learning small groups of 10 to 15 children is best.
- As you develop your schedule, remember that there may be some topics better suited for a large group setting (all or half the participants). For instance, the fire station may only be able to commit 30 minutes to your Babysitting Workshop.
- If you have numerous sessions (more than 4) scheduled, don't overwork your instructors. Consider having two instructors teach the same topic. They could teach alternating sessions, or one could teach in the morning and the other in the afternoon. Consider building a non-teaching period into each instructor's day. This gives the instructors a well-deserved break and allows them to see the other sessions.
- Allow time for groups to move from one session to another. The time it takes to change sessions should be based on how far apart the sessions are.
- As you work out the order groups will attend each session, plan to rotate between the sessions in a circular/organized way.
- Have a backup plan. Be prepared with extra sessions or learning activities in case someone does not show up.

Lunch and Breaks

- Schedule times for breaks, including restroom breaks.
- Remember, kids eat fast. If you allow an hour for lunch, be sure to have entertainment or organized activities for the participants when they're finished. Lunch time schedule works best for only 30 minutes.
- Can you feed all participants and volunteers at one time, or do you need to have them eat in shifts?
- Is lunch provided as a part of the workshop or will participants bring their own lunch? Be sure to provide food for instructors/presenters staying through lunch and into the afternoon.

Presenters

Thank presenters for taking time out of their day to present. Give them a small gift and thank you card.

Gift ideas:

- Cup
- Notebook
- Apparel
- Gift cards

Example Schedule

8:30 a.m.	Check In
8:45 a.m.	Welcome & Pre-Test
9:00 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, First Aid/Choking)
9:40 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, First Aid/Choking)
10:20 a.m.	Break
10:35 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, First Aid/Choking)
11:15 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, First Aid/Choking)
11:55 a.m.	Break
12:00 p.m.	Lunch
12:30 p.m.	Emergency Preparedness - Fire Department/Police Department 911 Dispatch
1:15 p.m.	Workshops (Kids are People, Too, Tips to Handle Children's Behavior)
1:50 p.m.	Break
2:05 p.m.	Workshops (Kids are People, Too, Tips to Handle Children's Behavior)
2:40 p.m.	Wrap-Up, Evaluation, and Present Certificates
3:00 p.m.	Dismiss

Example Schedule with CPR Training

8:30 a.m.	Check In
8:45 a.m.	Welcome & Pre-Test
9:00 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, Handling Children's Behaviors)
9:40 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, Handling Children's Behaviors)
10:20 a.m.	Break
10:35 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, Handling Children's Behaviors)
11:15 a.m.	Workshop Rotation (Fun Activities with Children, Infant Care, Nutrition for Yongsters, Handling Children's Behaviors)
11:55 a.m.	Lunch
12:30 p.m.	Emergency Preparedness (Sheriff's Office and Emergency Management)
1:00 p.m.	CPR Training and First Aid
3:30 p.m.	Wrap-Up, Evaluation and Present Certificates

Registration

Registration is helpful in identifying how many participants you can expect to attend.

- Use the program flyer template to announce the Babysitting Workshop. Information on the flyer includes:
 - » Date, Time, Location
 - » Age Range of Participants
 - » Overview of the program
 - » Registration deadline and how to register
 - » Price
 - » Who to contact for questions
- Create a paper or online registration form with questions including:
 - » Participant's name, gender, age, address
 - » Parent/Guardian name, phone number, email address
 - » Name of an emergency contact
 - » Possible allergies, including food
 - » Understanding the payment amount
 - » Release and consent forms

Price

- If you charge a registration fee, pre-registration allows you to cover costs associated with take-home bags, supplies, and food.
- To encourage pre-registration, announce that the registration fee will increase if not pre-registered by a specific time.
- Have payment due to the office by a certain day or bring payment the day of the event.

Supplies and Take-Home Bag Materials

Supplies for the Event

- Name tags for the youth and what group they are in
- Food and snacks
 - » Plates, napkins, drinks, silverware
- Supplies for activities for presenter sessions
- Completion certificates

Take-Home Bag Materials

This is a list of suggested ideas, change the list to create an awesome and useful babysitting resource.

- Coloring book and crayons
- Bag
- First Aid kit
- Photo album – hold recipe cards for kid friendly snacks
- Reusable ice packs
- Laminated babysitter notes with dry-erase marker
- Frequently called numbers magnet
- Picture books
- Activity kits
- Poison Control magnets and stickers
- Adhesive bandage holder
- Sunscreen holder

Babysitting Workshop

Evaluation

A pre- and post-test helps the youth understand what they are going to learn and need to learn throughout the day along with understanding what they learned throughout the day.

Pre-Test Questions

Circle T if the statement is TRUE and circle F if the statement is FALSE.

T or F One thing you should know before the parents leave is how to reach them in case of an emergency.

T or F A five-year-old child should not sit in time out for more than 20 minutes.

T or F Children ages 0 to 18 months can safely play with toys smaller than the inside of a toilet paper roll.

T or F A 6-month-old baby may cry because they need a diaper change.

T or F You should call 911 when a child is hurt.

T or F You should remove all stuffed animals from the crib before putting an infant down to sleep.

T or F Choking hazards for children under the age of four include Legos and grapes.

T or F The safest way to warm a baby bottle is in the microwave.

T or F When parents return home, you should give them an update on how the children did, share any important information, and clean up your area before leaving.

The number of families, other than my own, by whom I have been paid to babysit:

- none
- 1-3
- 4-6
- 7-10
- more than 10

The most children I have cared for at one time is:

- none
- 1-2
- 3-4
- 5 or more

The youngest child I have ever cared for is a(n):

- infant (newborn to 11 months)
- preschooler (3 to 4 years)
- toddler (1 to 2 years)
- school-aged child (5 to 8 years)

The oldest child I have ever cared for is a(n):

- infant (newborn to 11 months)
- preschooler (3 to 4 years)
- toddler (1 to 2 years)
- school-aged child (5 to 8 years)

The longest babysitting job I ever had lasted:

- less than 1 hour
- 1 hour
- 2-3 hours
- 4-5 hours
- 6-8 hours
- more than 8 hours

When you think about babysitting: *Yes or No Questions*

_____ Do you feel comfortable caring for infants?

_____ Can you change a diaper?

_____ Do you feel comfortable caring for toddlers?

_____ Do you feel comfortable caring for preschool children?

_____ Can you perform basic first aid skills?

_____ Can you identify common household safety hazards?

_____ Can you entertain young children with fun and safe play activities?

_____ Can you perform the abdominal thrust technique?

_____ Can you show basic first aid for bleeding?

Post-Test Questions

Circle T if the statement is TRUE and circle F if the statement is FALSE.

T or F One detail that is important to know before the parents leave is the time they will return.

T or F A five-year-old child should not sit in time out for more than 20 minutes.

T or F Children ages 0 to 18 months cannot safely play with toys smaller than the inside of a toilet paper roll.

T or F A 6-month-old baby you are taking care of cries when he/she needs a diaper change.

T or F A discipline tool that is used when children don't listen is to redirect their behavior and suggest an alternative activity.

T or F An emergency you might encounter while babysitting that requires calling 911 is when a child falls and scrapes their knee.

T or F It is important to remove all stuffed animals from a child's crib before putting them to sleep.

T or F Children under the age of four may choke on hard candy, large chunks of meat or whole grapes.

T or F The safest way to warm a baby bottle is in the microwave.

T or F When the parents return home, you should give a brief and accurate report of your time with their children.

What was the most important skill or knowledge you learned today at the Babysitting Workshop?

Name one thing you would like added to the Babysitting Workshop:

When you think about babysitting: *Yes or No Questions*

_____ Do you feel comfortable caring for infants?

_____ Can you change a diaper?

_____ Do you feel comfortable caring for toddlers?

_____ Do you feel comfortable caring for preschool children?

_____ Can you perform basic first aid skills?

_____ Can you identify common household safety hazards?

_____ Can you entertain young children with fun and safe play activities?

_____ Can you perform the abdominal thrust technique?

_____ Can you show basic first aid for bleeding?



Lesson Plans

Fun Activities with Kids

Babysitting Workshop Activities Lesson Plan

Purpose:

Equip babysitters with easy, safe, age-appropriate activities they can confidently use with children.

Learning Objective(s):

By the end of this session, participants will be able to:

1. Demonstrate 3–5 simple activities for different age groups.
2. Identify age-appropriate play for toddlers, preschoolers, and school-age kids.
3. Create their own “Babysitter Activity Kit.”
4. Explain how to adapt activities based on space, energy level, or time.

Material List:

- Balloons
- Painter’s tape
- Paper plates
- Markers/crayons
- Sticker sheets
- Blank paper
- Craft sticks
- Small story starter cards
- Simple storybook
- Flashlight
- Cotton balls + spoons (for race demonstration)
- Handouts (included in Appendix)

Audience:

Youth Babysitters (ages 11–18)

Suggestions for breakout presenters:

- 4-H Educator
- SDSU Extension Early Childhood Field Specialist
- Early Childhood Educators (pre-school, Pre-K, Kindergarten)
- Children’s Librarian
- Parks & Rec staff
- Art teacher
- Music Therapist or Music Teacher

Time Breakdown

0:00 - 0:05 - Welcome & Introduction

- Start with “Two Truths & a Lie: Babysitting Edition.” (see Appendix 1: Two Truths & A Lie – Babysitting Edition document for instructions and sample statements)
- Introduce the purpose of the breakout.
 - » Purpose: Equip babysitters with easy, safe, age-appropriate activities they can confidently use with children.

0:05 - 0:15 - Demonstration Rotation (Hands-On)

NOTE: Have stations set up prior to start of workshop.

Rotate through quick stations (instructions for these stations and more can be found in Appendix 3: Babysitting Activity Cards. These cards will support the Activity Toolkit Building in the next section). At each station provide a quick rundown of the activity and what supplies, if any, are needed.

- Creative Corner: Paper plate masks or scribble monsters.
- Movement Station: Balloon keep-it-up and painter’s tape hopscotch.
- STEM Mini-Challenge: Cotton ball launcher or build-a-bridge.
- Story Spark: Read a short picture book + show how to turn it into a quick craft or movement game.

0:15 - 0:25 - Activity Toolkit Building

- Activity bags/toolkits that accompany the babysitter create interested children and ensures you are prepared to keep children engaged! This is just the beginning of your toolkit, but don’t add too much that children quickly lose focus and want to return to the kit; be sure to keep the kit fresh - change out activities and refresh materials/ supplies regularly.



Babysitting Workshop Activities Lesson Plan

- Each babysitter builds an idea kit (provide each babysitter with a bag or container to hold contents):
 - » 1 balloon
 - » 1 sticker sheet
 - » Short list of games
 - » Story starter card
 - » Mini craft supplies
- Discuss how to explain activities to kids and keep things safe (refer to Appendix 2. May want to incorporate ideas and additional supplies from activities in Appendix 3 & 4 or add your own!

0:25 - 0:35 - Scenario Practice (see Appendix 5: Babysitting Scenario Practice Cards)

Small groups work through scenarios, for example: “It’s raining and the kids are bored”; “The toddler and 9-year-old both want different things to do”; “The kids are too wild before bedtime.”

Groups choose activities from the session to solve them.

0:35 - 0:45 - Wrap-Up & Q&A

- Share favorite activities.
- Review safety reminders.
- Distribute takeaway sheets.

Presenter Script (Light, Fun, Kid-Friendly)

Opening (0 - 5 minutes)

“Hi everyone! Today we’re going to build your babysitter superpowers—the powers of FUN! Your job isn’t just to keep children safe, it’s to help them play, explore, and enjoy their time with you. And don’t worry—every activity today is easy, low-mess, and doesn’t require a suitcase of supplies.”

Transition to Stations (5 - 15 minutes)

“At these stations, you’ll try the exact activities kids love—balloon games, quick crafts, simple STEM, and storytelling. These take less than 5 minutes to set up and can turn a ‘boring evening’ into ‘best babysitter ever!’”

Skill Building (15 - 25 minutes)

See Appendix 3: Babysitting Activity Deck for station materials and directions. Not all activities need to be featured at a station. Adjust materials based on activities selected. Could provide a deck of cards for each participant in handout or flashcard style.

“Now let’s build your Activity Kits. These items may look simple, but they’re magic when you know how to use them. A balloon becomes a game. A sticker sheet becomes a craft. A flashlight becomes shadow puppets. Kids don’t need fancy—they need fun!”

Scenario Practice (25 - 35 minutes)

See Appendix 5: Babysitting Scenario Practice Cards. Use as many as needed to fill the time or until each group has had a chance to provide a response with follow up discussion.

“Let’s put your new ideas into action. I’ll give you a situation and you’ll choose an activity to match it. There’s no wrong answer—just creative solutions!”

Closing (35 - 45 minutes)

“You now have a toolbox full of activities that spark imagination, build connection, and help kids feel safe and happy. Keep your kit ready, stay positive, and always be the babysitter who brings the fun!”

Babysitting Workshop Activities Lesson Plan

Handouts for Participants (see also Appendix 2, 3, & 4)

No Supplies Needed:

- I Spy
- 20 Questions
- Freeze Dance
- Simon Says
- Follow the Leader
- Make up a Story Circle

Low-Supply Activities:

- Balloon Keep-It-Up
- Sticker Story Scenes
- Paper Plate Masks
- Painter's Tape Hopscotch
- Cotton Ball Races
- Build-a-Tower Challenge (cups, blocks, or rolled socks!)
- 52-Card Activity Deck

Calm or Bedtime Activities:

- Shadow Puppets
- Storytime + discussion
- Gentle music & coloring
- "Draw your day" activity

Quick Tips:

- Keep it simple
- Always ask what kids like
- Match activities to age and energy level
- Keep safety first (no small parts for toddlers!)

Supply Checklist

For the Presenter:

- Balloons (20–30)
- Painter's tape
- Paper plates
- Markers/crayons
- Stickers
- Storybook
- Flashlight
- Cotton balls
- Plastic spoons
- Craft sticks
- Handouts (20–30 copies)
- Scenario cards

For Participants (Activity Kit):

- Balloon
- Sticker sheet
- Story starter card
- 3–5 blank papers
- Mini crayon pack
- Activity idea card

Nutrition Basics

Babysitting Workshop Nutrition Lesson Plan

Background:

The first few years of a child's life are important for healthy growth and brain development. As a babysitter, you may help provide snacks or meals, and it's your job to make sure they are safe and healthy. Mealtimes are more than just eating—they're a chance for children to learn about nutrition, practice hand washing and good table manners, build motor skills, have conversations, and try new foods. By understanding basic nutrition and safety, babysitters can help young children grow, learn, and feel their best.

Material List:

- Cutting Board
- Spoon
- Small Bowl
- Butter Knife
- Knife to cut celery
- Grapes- Whole and half
- Ingredients to make a snack (ingredients found below in the lesson)

Suggestions for breakout presenters:

- SDSU Extension Nutrition Field Specialists
- Registered Dietitians
 - » Contacts: SDSU Extension Nutrition Field Specialists, Hospital dietitian, Community Health Clinic, Private Practice Dietitian, South Dakota Academy of Nutrition and Dietetics directory
- School Nutrition Director
- Pediatric Nurse or Family Nurse Practitioner
- WIC Nutritionist or County Health Nurse
- Childcare Center Director/kitchen aide
- Community Health Worker
- Dietetic students from South Dakota State University

Subject Outline

Introduce your name or job. (2-3 minutes)

- Ask: "Has anyone ever helped make a snack for a younger child?"
- Explain that today they'll learn how to keep kids safe and healthy at mealtime.

Why Nutrition Matters for Young Children (3-5 minutes)

- The first years of life help shape growth and brain development.
- Young children need the right nutrients to learn, move, and grow.
- Babysitters have an important role in providing safe, healthy choices.
- Key Message: Healthy foods help kids have strong bodies, smart brains, and lots of energy.

Food Safety Basics (5 minutes)

- Clean
 - » Wash hands for 20 seconds
 - » Clean counters and tables before preparing food
- Keep Food Safe
 - » Keep cold foods cold, and hot foods hot
 - » Cook foods to proper temperatures
 - » Put leftovers away as soon as possible, within 2 hours of serving
- Watch While They Eat
 - » Always sit with children while eating to prevent choking and to help them as needed



Babysitting Workshop Nutrition Lesson Plan

Age-Appropriate Foods and Choking Hazards (5 minutes)

- Babies (0–12 months)
 - » Breastmilk or formula are the main source of nutrition.
 - » Supplemental foods such as purees or soft foods cut into appropriate sizes.
 - » Never give honey.
 - » Avoid foods with added sugar.
- Toddlers (1–3 years)
 - » Avoid small, round, hard foods: grapes, hot dogs, popcorn, nuts, raw carrots.
- Preschoolers (4–5 years)
 - » Cut food into small, easy-to-chew pieces.
 - » Encourage trying new foods.
 - » Show a visual if possible: grapes whole vs. sliced, soft vs. hard foods.

What Makes a Healthy Snack? (5 minutes)

- Using the latest Dietary Guidelines for Americans:
 - » Give youth examples of foods from a specific food group and have them guess the food group. Once they guess correctly, tell the group why that food group is good for their bodies:
 - ▶ Fruits: Vitamins, energy
 - ▶ Vegetables: Fiber, vitamins
 - ▶ Grains: Energy
 - ▶ Protein: Muscles and Growth
 - ▶ Dairy: Strong bones and teeth
- Healthy Snack Rule:
 - » Pair 2 food groups to make a healthy snack (bonus if one of those food groups is a fruit or vegetable)
 - ▶ Yogurt +fruit
 - ▶ Cheese + whole-grain crackers
 - ▶ Apple slices + peanut butter
 - ▶ Veggies + hummus

Activity/Demonstration

#1: Peanut Butter Yogurt Fruit Dip

Items

- 5 oz. yogurt – Greek yogurt is preferred. Choose one flavor - plain, vanilla, or coconut.
- Creamy peanut butter/nut butter (substitute for allergies)
- Optional: Mini chocolate chips
- Fruit for dipping (ex. banana, apple, grape, or other)

Instructions

- Gather your supplies
- Vigorously stir yogurt and peanut butter until smooth. Stir in chocolate chips.
- Serve with apple slices or other fruit for dipping. Pretzels would be great too!



#2: Butterfly Pretzels

Items

- Celery
- Creamy peanut butter/nut butter (substitute for allergies)
- Raisins or mini chocolate chips
- Pretzels – classic shape, not sticks

Instructions

- Gather your supplies
- Wash celery stalk and cut into 3-inch pieces
- Spread peanut butter onto a piece of celery
- Add a line of raisins
- Add two pretzels for the wings



Wrap-Up Discussion

Special Health Consideration (3 minutes)

- Light, simple overview:
 - » Food allergies (never offer new foods without the parent's approval).
 - » Ask parents/guardians about dietary needs or food allergies before offering food.
 - » Some kids need food cut differently or require extra caution. Always follow the parent's/guardian's instructions.
 - » When in doubt, ask!

Safety Scenarios (5 minutes)

- Give 2–3 quick examples and ask what they would do. *Encourage teens to think and respond as babysitters.* Do as many scenarios as see fit.
 - » Spilled Milk
 - ▶ Scenario: A toddler knocks over their cup of milk.
 - ▶ Question: What should you do? (Answer: Clean it up right away to avoid slips, give a new drink.)
 - » Choking Hazard
 - ▶ Scenario: A preschooler finds a grape and wants to eat it whole.
 - ▶ Question: How do you respond? (Answer: Cut it in half or refuse and explain why.)
 - » Dropped Spoon
 - ▶ Scenario: A baby drops a spoon on the floor while eating.
 - ▶ Question: What should you do? (Answer: Wash or sanitize the spoon before giving it back.)
 - » Food Left Out Too Long
 - ▶ Scenario: You find a bottle or plate of food that was left out for over 2 hours.
 - ▶ Question: Can you still give it to the child? (Answer: No, throw it away.)
 - » Asking for Food You Can't Have
 - ▶ Scenario: A toddler wants candy or soda during snack time.
 - ▶ Question: How do you respond? (Answer: Offer two healthy alternatives to give the toddler a healthy choice.)
 - » Allergy Alert
 - ▶ Scenario: The parent notes the child is allergic to peanuts. The child reaches for peanut butter crackers.
 - ▶ Question: What should you do? (Answer: Stop them, explain no peanuts, offer safe alternative.)
 - » Hot Food
 - ▶ Scenario: You heated a snack in the microwave.
 - ▶ Question: How do you make sure it's safe? (Answer: Test the temperature before giving it to the child.)

Babysitting Workshop Nutrition Lesson Plan

- » Baby Refuses Food
 - ▶ Scenario: A baby turns their head or spits out food.
 - ▶ Question: What do you do? (Answer: Don't force; offer small amounts slowly, watch for fullness cues.)
- » Sharing Foods
 - ▶ Scenario: Two toddlers want to share a spoon or cup.
 - ▶ Question: How do you handle it? (Answer: Give separate spoons/cups to prevent germs.)
- » Messy Eater
 - ▶ Scenario: A child is making a mess and throwing food.
 - ▶ Question: How do you handle it? (Answer: Calmly guide them to create a "no thank you" pile, clean up, remind about table manners.)
- » Sibling Interference
 - ▶ Scenario: An older sibling tries to feed a baby a cookie.
 - ▶ Question: What do you do? (Answer: Stop them and explain it's not safe.)
- » Food on the Floor
 - ▶ Scenario: Food falls on the floor.
 - ▶ Question: Can you pick it up and give it back? (Answer: No, throw it away to avoid germs and get a new serving of the food.)
- » Unexpected Guest
 - ▶ Scenario: A friend or neighbor drops by and offers a snack to the child you are babysitting..
 - ▶ Question: What should you do? (Answer: Politely say not right now; only feed what parents approved. You can offer to give it to the parents when they return.)
- » Hot Food
 - ▶ Scenario: You heated a snack in the microwave.
 - ▶ Question: How do you make sure it's safe? (Answer: Test the temperature before giving it to the child.)

Quick Review (2 Minutes)

- Ask
 - » What is one safe snack you can make?
 - » What is one thing younger kids should not eat?
 - » How long can food be left out?

Final Message

- "When you babysit, you help kids stay safe, healthy, and happy. Good nutrition and food safety are a big part of that job!"



Appendix

Appendix 1

Two Truths & A Lie: Babysitting Edition

Instructions for Participants

- Each person tells three statements about themselves related to babysitting or experiences with kids.
- Two statements must be true, and one is a lie (false).
- The group guesses which statement is the lie.

Sample Statements for Workshop Use

- Participant 1: 1. I have taught a 3-year-old to tie their shoes. 2. I once changed 5 diapers in one hour. 3. I have never played a game with a child. (Lie: 3)
- Participant 2: 1. I can sing the alphabet backwards. 2. I have read the same storybook to kids 10 times in one day. 3. I do not like arts and crafts. (Lie: 3)
- Participant 3: 1. I have made a fort out of blankets and chairs. 2. I have never made a snack for a child. 3. I know how to do a magic trick to make kids laugh. (Lie: 2)
- Participant 4: 1. I once taught a child to ride a bike. 2. I have hosted a tea party for dolls. 3. I do not know how to play any board games. (Lie: 3)

Facilitator Tips:

- Encourage participants to be creative and lighthearted.
- Can be adapted for icebreaker or small group rotations.
- Great way to learn about experiences and comfort levels with different age groups.



Appendix 2

Babysitter Take Home Handout

Fun Activities with Kids

Babysitter Tips for Success

- Keep activities simple
- Ask kids what they like
- Match the activity to their energy level
- Always think about safety
- Be positive and flexible

Babysitter Challenge: Before your next babysitting job, pick 3 activities from this list you feel confident leading! You've got this – safe, responsible, AND fun babysitters are the best babysitters!

No-Supplies-Needed Games

Perfect for anytime, anywhere:

- I Spy
- 20 Questions
- Simon Says
- Freeze Dance
- Follow the Leader
- Would You Rather (kid-friendly versions)
- Story Circle (each person adds one sentence)

Low-Supply Activities

Great ideas when you have a few simple items:

- Balloon Keep-It-Up – Don't let the balloon touch the floor
- Sticker Story Scenes – Stickers + paper = instant creativity
- Paper Plate Masks – Draw, decorate, and act it out
- Painter's Tape Games – Hopscotch, roads, shapes on the floor
- Cotton Ball Races – Use a spoon or straw to move the cotton ball
- Build-a-Tower Challenge – Cups, blocks, or rolled socks

Calm & Bedtime Activities

Use these for when kids need to wind down:

- Read a story and talk about favorite parts
- Shadow puppets with a flashlight
- Coloring or drawing quietly
- "Draw Your Day" picture
- Gentle music and stretching



Age-Appropriate Activity Guide

Toddlers (1–3 years)

- Simple songs with actions
- Big movements (marching, clapping)
- Looking at books together

Preschool (3–5 years)

- Pretend play
- Simple crafts
- Short games with rules

School-Age (6+ years)

- Building challenges
- Board or card games
- Acting out stories

Appendix 3

Babysitter Activity Card Deck

Designed to print, cut, and use like flash cards or a small card deck.

Printing Tips

- Laminate for reuse
- Punch a hole and add a ring for kits
- Add as many ideas as possible!

Card 1: Balloon Keep-It-Up

Ages: 3+

Supplies: 1 balloon

How to Play: Try to keep the balloon from touching the floor. Count how many hits you can get!

Variations:

- Use one hand only
- Add music and freeze when it stops

Why Kids Love It: Movement + silliness

Card 2: Freeze Dance

Ages: 3+

Supplies: Music (or clapping!)

How to Play: Dance while the music plays. Freeze when it stops!

Variations:

- Dance like animals
- Freeze in silly poses

Why Kids Love It: Music and surprises



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Card 3: I Spy

Ages: 4+

Supplies: None

How to Play: "I spy with my little eye something that is..."

Variations:

- Use colors or shapes
- Let kids take turns leading

Why Kids Love It: Easy guessing game

Card 4: Paper Plate Mask

Ages: 4+

Supplies: Paper plate, crayons/markers

How to Play: Decorate a plate as a face or animal and act it out.

Variations:

- Make emotions (happy, sad, surprised)

Why Kids Love It: Creative pretend play

Card 5: Story Circle

Ages: 5+

Supplies: None

How to Play: Each person adds one sentence to make a story.

Variations:

- Pick a theme (animals, adventure)

Why Kids Love It: Imagination and laughter

Card 6: Shadow Puppets

Ages: 4+

Supplies: Flashlight

How to Play: Use hands or toys to make shadows on the wall.

Variations:

- Create a short shadow story

Why Kids Love It: Feels magical

Card 7: Cotton Ball Race

Ages: 5+

Supplies: Cotton ball, spoon or straw

How to Play: Move the cotton ball from start to finish without dropping it.

Variations:

- Time each round

Why Kids Love It: Easy guessing game

Card 8: Painter's Tape Hopscotch

Ages: 3+

Supplies: Painter's tape

How to Play: Create a hopscotch grid on the floor and jump through it.

Variations:

- Add shapes or numbers

Why Kids Love It: Indoor movement

Card 9: Would You Rather?

Ages: 5+

Supplies: None

How to Play: Ask silly choices: "Would you rather fly or be invisible?"

Variations:

- Let kids make their own questions

Why Kids Love It: Silly thinking

Card 10: Build-a-Tower Challenge

Ages: 6+

Supplies: Cups, blocks, or socks

How to Play: Build the tallest tower you can.

Variations:

- Build with one hand

Why Kids Love It: Building and problem-solving

Appendix 4

Low-Supply Activity: 52-Card Babysitting Activity Deck

Overview

Turn an old deck of playing cards into a powerful babysitting tool using Avery 5395 labels. Each label holds one quick activity idea, placed over the card face to create a 52-idea activity deck babysitters can shuffle, draw from, and use anytime.

Supplies Needed

- 1 standard deck of playing cards (52 cards)
- Avery 5395 labels (2" x 4" removable labels)
- Printer or marker
- Scissors (if trimming is needed)

How to Make the Deck

1. Print or handwrite one activity per Avery 5395 label.
2. Place each label directly on the playing-card side (covering numbers/suits).
3. Optional: Sort by suit for themes OR shuffle for randomness.
4. Store with a rubber band, card box, or small pouch.

Optional Suit Themes (Helpful for Babysitters)

- Hearts – Calm / Bedtime Activities
- Clubs – Movement & Active Play
- Diamonds – Creative & Art-Based
- Spades – Thinking & Imagination Games

Babysitter Tips (Add to the Card Box!)

- Match the card to the child's age and energy
- Skip or redraw if it's not working
- Always choose safety first
- Let kids help pick the card

Printing Tips for Avery 5395

- Use large, kid-friendly font
- One activity per label
- Optional icons or emojis for quick scanning
- Black & white prints work great

This deck turns one recycled item + a label sheet into a confidence-boosting babysitting tool that fits in a pocket!



Low-Supply Activity: 52-Card Babysitting Activity Deck

52 Activity Ideas (One Per Card)

Hearts – Calm & Quiet (13)

1. Read a favorite book together
2. Draw your day
3. Shadow puppets
4. Gentle stretching
5. Deep breathing game (smell the flower, blow out the candle)
6. Quiet coloring
7. Puzzle time
8. Tell a bedtime story
9. Stuffed animal parade (slow)
10. Listen to calming music
11. Memory game with objects
12. Name three good things today
13. Whisper a silly rhyme

Clubs – Active & Movement (13)

14. Freeze dance
15. Simon Says
16. Balloon keep-it-up
17. Follow the leader
18. Animal walks
19. Hop like a frog challenge
20. Indoor scavenger hunt
21. Marching band (clap/stomp)
22. Balance challenge
23. Tape hopscotch
24. Stretch and shake
25. Jump-count challenge
26. Clean-up race

Diamonds – Creative & Art (13)

27. Scribble art
28. Paper plate face
29. Sticker story
30. Draw a superhero
31. Make a paper crown
32. Design a dream house
33. Create a flag
34. Draw your family
35. Color with patterns
36. Emotion faces
37. Design a pet
38. Make up a comic strip
39. Build art from recyclables

Spades – Thinking & Imagination (13)

40. I Spy
41. 20 Questions
42. Would You Rather?
43. Story circle
44. Guess the sound
45. Act it out
46. Make up a riddle
47. Build the tallest tower
48. What would happen if...?
49. Alphabet game
50. Memory tray game
51. Guess the object (eyes closed)
52. Make up a new game

Appendix 5

Babysitting Scenario Practice (25-35 min)

Instructions

“Let’s put your new ideas into action. I’ll give you a situation, and you’ll choose an activity from your toolkit or deck to match it. There’s no wrong answer—just creative solutions!”

Format

- Divide participants into small groups (2–4 per group or whatever fits your needs; smaller groups allow for greater participation by all members)
- Give each group a scenario card
- Allow 3–4 minutes to discuss & pick an activity
- Have each group share their solution and explain why

Facilitator Tips:

- Encourage groups to explain their reasoning
- Highlight age-appropriate adaptations
- Celebrate creative solutions even if unconventional
- Use this as a lead-in to reinforce the activity cards or toolkits

Scenario Cards

Scenario 1: Rainy Day Blues

Situation: The kids you are babysitting want to go outside, but it’s raining.

Challenge: Keep them active and entertained indoors.

Hint: Use low-supply movement activities or creative games.

Scenario 2: Energy Overload

Situation: The kids just got home from school and are full of energy.

Challenge: Choose a game to help them move and expend energy safely.

Hint: Consider balloon games, hopscotch, or freeze dance.

Scenario 3: Toddler Trouble

Situation: A 2-year-old is fussy and a 5-year-old wants to play a game.

Challenge: Find activities that engage both kids at their own level.

Hint: Separate into simple crafts for toddler and active games for older child.

Scenario 4: Screen-Free Fun

Situation: The kids are used to screens and complain there’s “nothing to do.”

Challenge: Introduce them to a new, screen-free activity they’ll enjoy.

Hint: Try storytelling, paper plate crafts, or a guessing game.



Babysitting Scenario Practice (25-35 min)

Scenario 5: Pre-Bedtime Calm

Situation: It's 30 minutes before bedtime, but the kids are still active and talkative.

Challenge: Choose activities that help calm and prepare them for sleep.

Hint: Shadow puppets, gentle coloring, or storytelling.

Scenario 6: Sibling Collaboration

Situation: A 4-year-old and an 8-year-old are bickering and bored.

Challenge: Pick a cooperative game that keeps both engaged.

Hint: Story circle, build-a-tower challenge, or indoor scavenger hunt.

Scenario 7: Birthday Celebration

Situation: You're babysitting during a small birthday gathering (3 kids).

Challenge: Keep the party lively with quick, easy games.

Hint: Balloon keep-it-up, freeze dance, or sticker stories.

Scenario 8: Mess-Averse Parent

Situation: A parent asks for activities with minimal mess.

Challenge: Pick clean, low-prep games.

Hint: I Spy, story circle, or cotton ball races.

Scenario 9: Outdoor Adventure (Yard or Park)

Situation: You're watching kids outside with access to a small yard.

Challenge: Keep them active and safe.

Hint: Animal walks, hopscotch, or balloon keep-it-up.

Scenario 10: Mixed-Age Group

Situation: You have a group of kids ages 3, 5, and 8.

Challenge: Choose an activity that can be adapted for all ages.

Hint: Story circle with movements, scavenger hunt with age-specific clues, or cooperative tower building.