**MINDFUL BEGINNINGS**

Safety and Confidence for All Ages

# Program Guide

Flexible scheduling: Any class can be split into shorter sessions. For example, the 5-hour babysitting class can be taught as two 2.5-hour sessions, and the 7-hour Babysitter's Training + Pediatric First Aid/CPR/AED can be split across two days of 3.5 hours each.

## BABYSITTING

*From first jobs to pro-level skills.*

### Safe Sitter® Babysitting with CPR Module — $225

Youth gain the skills and confidence to begin babysitting safely: CPR, choking rescue, first aid, infant care, and child development.

Ages 11–14 · 5 hours · In-person · 6–16 participants

### Safe Sitter® Babysitting Essentials — $185

Tweens learn safety, child care basics, and behavior management for beginning babysitters.

Ages 11–14 · 4 hours · In-person · 6–16 participants

### Red Cross Babysitter's Training + Pediatric First Aid/CPR/AED — $295

Teens learn child care, safety, and leadership skills, practice infant and child CPR on manikins, and earn American Red Cross Babysitter's Training and Pediatric First Aid/CPR/AED certifications.

Ages 11–14 · 7 hours · In-person · 6–12 participants

### Babysitter's Training — $185

Teens learn child care, safety, and leadership skills for beginning babysitters, with hands-on practice.

Ages 11–15 · 4.25 hours · In-person · 6–12 participants

### Introduction to Safe Babysitting by Safe Sitter® — $40

A 60-minute intro for participants curious about babysitting.

Ages 10–12 · 60 minutes · In-person or virtual · 6–20 participants

### All Kids Welcome™: For Experienced Sitters — $25

An advanced course for sitters who want to confidently and inclusively care for participants with diverse needs.

Experienced sitters · 60 minutes · In-person or virtual · 6–20 participants

# KIDS SAFETY

*Real-world readiness for real-world moments.*

### Safe@Home: First Steps to Independence — $85

Designed to prepare upper-elementary participants to be safe when they are home alone for short periods.

Ages 8–10 · 90 minutes · In-person · 6–20 participants · Virtual session is $40/participant

### Social Ready™ — $45

An interactive workshop that teaches phone safety, digital boundaries, handling group chats, and recognizing red flags before kids head online.

Ages 8–14 · 60 minutes · In-person or virtual · 6-20 participants

### Steady and Ready™: Inclusive Safety and Readiness — $65

A neurodivergent-affirming safety class designed to build essential emergency readiness skills in a low-pressure environment.

Kids and teens, ages 8–12 · 60 minutes · In-person or virtual · 6–8 participants

### Stay Ready™: Choking Rescue, CPR, and Seizure Response — $85

A hands-on refresher for choking rescue, CPR, and seizure response.

Ages 11 and up · 75 minutes · In-person or virtual · 6-12 participants

### Ready. Period.™ — $75

Girls build confidence around puberty: they design their own period kit while learning body literacy and self-advocacy in a supportive setting.

Girls ages 10–12 · 90 minutes · In-person or virtual · 6–18 participants

# RED CROSS CERTIFICATION

*Official American Red Cross certification.*

### Adult & Pediatric First Aid/CPR/AED Certification — $125

A hands-on course covering adult, child, and infant CPR, choking rescue, AED use, and first aid.

Ages 11 and up, high school juniors and seniors, and parents, nannies, au pairs, and grandparents · 3 hours 45 minutes · In-person · 6–12 participants

Also available as Online + Classroom: about 2 hours online at your own pace, then a 2-hour in-person skills session. Same 2-year certificate. $125.

### Adult First Aid/CPR/AED — $125

A hands-on course covering adult CPR, choking rescue, AED use, and first aid.

Adults — workplaces, coaches, and community members · 3.25 hours · In-person · 6–12 participants

Also available as Online + Classroom: about 2 hours online at your own pace, then a 2-hour in-person skills session. Same 2-year certificate. $125.

### Basic Life Support (BLS) — $125

For healthcare providers and public safety staff: high-quality CPR, AED use, and response to cardiac arrest and life-threatening emergencies.

Healthcare providers · 4 hours · In-person · 6–12 participants

Also available as Online + Classroom: 2 hours online at your own pace, then a 2-hour in-person skills session. Same 2-year certificate. $125.

# PARENTS & BABY

*For the newest members of the family.*

**Baby Ready™** **$185 per person**

A hands-on newborn care class taught by a registered nurse, covering feeding, diapering, bathing, safe sleep, soothing, and infant choking rescue and CPR skills practice on manikins.

Expecting & new parents · 3 hours · In-person · 4-12 participants

**Baby Ready™ + CPR Certification** **$275 per person**

Baby Ready plus American Red Cross Pediatric First Aid/CPR/AED certification.

Expecting parents · 5 hours · In-person · 4-12 participants

# NANNIES, AU PAIRS, GRANDPARENTS & ADULT CAREGIVERS

*For everyone who cares for little ones.*

**Safe Sitter® Grandparents: Getting Started** **$185**

A focused program ideal for grandparents and adult family caregivers.

Grandparents & caregivers · 3 hours · In-person · 8–16 participants

**Babysitting Grandkids Workshop** **$75**

A 60-minute conversational workshop for grandparents of kids from infancy to about age 10.

Grandparents · 60 minutes · In-person · 8–20 participants

**Babysitting Grandkids Workshop — Virtual** **$50**

A virtual refresher taught by a registered nurse, focused on today's updated safety guidelines: safe sleep, feeding, car seats, home safety, and choking rescue. CPR is hands-on, so it is covered in our in-person classes instead.

Grandparents · 60 minutes · Virtual · Up to 20 participants

**Care Ready™: Essential Skills for Nannies** **$185**

Professional training for nannies and caregivers: child development, safety, emergency response, and communication with families.

Nannies & au pairs · 2.5 hours · In-person · 8–16 participants

# TEENS & COLLEGE

*Heading out? Be ready.*

**Campus Ready™: Safety Skills for College Life** **$75**

A hands-on, vital safety class taught by registered nurses.

Teens & college-bound · 60 minutes · In-person · 6–12 participants

### Season Ready™: Safety Skills for Student Athletes — $25

A 60-minute hands-on class for student athletes.

Student athletes · 60 minutes · In-person or virtual · Up to 20 participants

# GIRL SCOUTS & GROUPS

*Any badge. Your troop. Your location.*

### Girl Scout Badge Workshops — Custom quote

First Aid, Babysitting, and Safety badge workshops for every Girl Scout level, Daisy through Ambassador.

Girl Scout troops, Daisy through Ambassador · Custom length and format — Lindsay sets the time for each troop · 6–16 participants

# AFTER SCHOOL CLUBS

***After school clubs for elementary schools. We come to your school and bring everything.***

Clubs are $200 per participant. Each club meets one hour a week after dismissal. Kids practice real skills in small groups: role play, build and make things, and leave each session with something to use at home. Clubs run as a standalone offering, through an after-school enrichment provider, or as a PTA program, and more than one club can run at the same time. Every club is also offered in Spanish. A minimum of 6 participants is needed to run a club.

### My First Babysitter's Club™

The first step toward babysitting. Members learn to be a Parent's Helper: a trusted extra set of hands while a parent is home, with safety lessons and real practice each week.

Ages 8–10 · 8-week series (1 hour/week) · In-person, at your school · 8-12 participants

Also offered as a standalone 2.5-hour workshop, $165 per participant.

### Little Medics

A first aid club for the youngest helpers: what an emergency is, how to get help fast, and care for scrapes, bumps, bug bites and nosebleeds.

Ages 5–8 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Pet Sitter's Club

For kids who want to care for animals: what pets need, staying safe around unfamiliar animals, and running a pet sitting job from first visit to final payment.

Ages 8–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Snack Squad

A no-stove kitchen club: kitchen safety, food allergies, reading labels, and building a balanced snack every week.

Ages 7–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Kid Boss Club

Young entrepreneurs turn an idea into a real product: simple budgets, pricing, pitches, and a final pop-up market for families.

Ages 9–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Middle School, Here I Come

A head start on the biggest school change yet: lockers, schedules, planners, keeping track of six teachers, and speaking up.

Ages 10–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Big Sibling Club

For kids with a baby or little sibling: gentle, safe ways to help, what babies need, and handling big feelings about a new sibling.

Ages 5–9 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### My First Phone

For kids getting a first phone: passwords, privacy, group chats, screen time, and what to do the moment something online feels wrong.

Ages 9–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Walk and Roll Ready

Getting around the neighborhood safely on foot, bike or scooter: road rules, helmets, hand signals, and planning a safe route.

Ages 7–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

### Calm and Ready

A feelings toolbox for every kid: naming emotions, breathing and calm-down tools that work in the moment, at school and at home.

Ages 5–11 · 8 weeks (1 hour/week) · In-person, at your school · 8–16 participants

## READY TO BOOK YOUR CLASS?

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