

# Babysitting 101 Plus

## About the Class

Everything you'd want to know and more!

Winner of:

## THE BEST OF CUMMING FOR LEARNING INSTITUTION

There is a ton of important information here . . . and it should answer all of your questions, but if not, send an email! to: [babysitting101plus@yahoo.com](mailto:babysitting101plus@yahoo.com)

### Quick Answers (details are below)

**Location:** Cumming Georgia (southern Forsyth County)

**Class Times:** 1 Day Class running from 9am - 5:15 pm

**Class Dates:** Click this link: [www.babysitting101plus.com/events](http://www.babysitting101plus.com/events)

**Target Audience:** ages 10-15 (rising 5th Graders - 11th Grade) for Boys and Girls

**Cost:** \$120 for the class & materials kids take home (but there are discounts available)

### About the Class and the Kids who take it:

The Babysitting 101 + program has a target audience of girls and boys ages 10-15 who will either babysit, stay home alone for any period of time, watch a sibling, or none of the above. This is a one-day class that runs from 9am - 5pm unless otherwise noted. Although it is designed for babysitters, there are numerous other lessons taught and discussed in this class that are imperative for our kids to understand. They often enter the class knowing no one or maybe having a friend or 2 by their side. They leave knowing everyone in the class as we practice how to interact with others and how to get to know peers and other adults appropriately and safely. This is an important skill for our kids to be taught, especially with today's technology based world.

### *This class is not just about babysitting. It is about life.*

This class is taught from the **HEART**. It does not just teach the kids WHAT they should do while babysitting or home alone, but WHY they are doing it. It also teaches them **ACCOUNTABILITY for their words and actions** and helps them understand the **IMPACT they have** on the kids they watch and others they interact with on a daily basis. It's not just about preparing to Babysit, **it's about preparing them for life!** The topics covered stem from the foundation - we delve into who we are, what our values are and then we apply that to the care of others, and understanding how our actions impact everyone around us. We cover the fundamentals of babysitting, from marketing yourself properly and safely through the entire babysitting process including safety on all levels, activities, feeding the kids, bathing, bathroom/diaper care, nap/bedtime, and closing the deal at the end of the job and getting back home safely. We discuss developmental stages and what to expect at each stage, including special needs children. We cover the good, the bad and the ugly of childcare - from the well behaved kids through the defiant rebels, and how to deal with them. We also discuss how to handle parents that may become inappropriate. PLUS... the kids are **trained and certified in CPR and choking rescue** for all age victims from a **certified American Heart Association instructor**.

The kids leave exhausted, very knowledgable, and they all have a BLAST! Although we discuss really serious topics, it's done in a way that is **FUN** and keeps the kids engaged. Time flies when they are here.

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### *About the Class continued:*

Approximately 2000 kids in the Atlanta metro area have graduated from this program with incredible results! Kids from all over the U.S. have attended this class because you won't find a class like this one anywhere else! Word of mouth has done this class wonders over the years! Class size ranges from 8-16 kids. On that note: if you need hotel information for the area, there are several within 5 miles of the class.

**Note about the American Heart Association CPR Certification:** This certification is good for 2 years. The Babysitting training is good forever (although sometimes kids ask to take it again after a couple years just because they loved it so much!). If you want to maintain your CPR Certification, CPR Renewal classes are also offered here. I will send an email to you about 3 months before your child expires, and offer you available dates to be re-certified in CPR. That is a 3 hour class. At that time we spend quite a bit of time on use of the AED Machine (the defibrillator), and then they are re-certified for 2 more years and will receive the official CPR Card from the AHA. (it's including in the pricing). The price of that will be dependent on how much AHA is charging at that time, but as of today the class cost is \$60. These CPR Classes are open to everyone (so parents - - - that means YOU!!).

### **Sensitive Topics Notice:**

Some very vital, yet sensitive topics are discussed in this class. These topics all surround the key factor of SAFETY. We have a lot of problems with drugs in our schools, bullying, inappropriate sexual advances, and human trafficking. All of these topics are discussed in this class. Why at a Babysitting class? Because YOUR kids are vulnerable. Yes, at 10-15, they are the target of these horrific behaviors and they need to be prepared - and know how to say NO and protect themselves from those who approach them with bad intentions. When your kids babysit, or advertise themselves as a babysitter you never know who will ask them to watch their kids. They need to be knowledgeable and armed with the preparation of knowing what to do. The conversations that arise in this class are spectacular. I hear their real fears and experience because the kids realize this is a safe place to discuss these topics. Some have heard of these things before (from peers not their parents, unfortunately) and other have spoken with their parents about these topics, but I always hear from the kids that they are so glad we talked about it, and how much more prepared they feel after we have. Remember: This class is about life, not just what you do when you babysit. This is one of the reasons this class is so popular. I want your kids to be armed with the tools to stay safe - not just while babysitting, but every single moment of their lives. I'm passionate about this and love offering a setting where the kids can grow and discuss these sensitive topics.

### **Custom Classes available:**

If you have a group of 12 or more kids who you would like to take this class, but need an abbreviated version of the full Babysitting 101 Plus Program (which is an 8 hour class), this can be arranged for you. Many scouting troops in particular, or school programs have requested this and it can be arranged. Just send an email to me at [babysitting101plus@yahoo.com](mailto:babysitting101plus@yahoo.com) and we can discuss this. Your curriculum and pricing can be customized to meet your specific needs, but you will need to have the minimum number of students because I cannot open these classes up to the general public.

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### Who is the Instructor?

My name is Barri Zehner (I'm a female, don't let my name fool you). I am a mom (more like a Mama Bear) and a Registered Nurse. I'm full of energy and super passionate about this class. I have a ton of experience dealing with middle schoolers. I know how to handle their moods, their irritability, their hormones, mood swings, etc. To learn more about me, read the attachment titled "About the Instructor" I've also been written up in several local publications.

### Where are classes held?

Address: 2300 Gladstone Place, Cumming, GA 30041 This is a private home, and the class is held on the finished terrace level. This class is based on SAFETY and making smart choices, so as you read on, please know that **if you have any hesitation at all about sending your kids to a private home for the class, I understand and I would love to meet you before you register so any hesitation you have can be put to rest.** I can also provide you with **hundreds of references** - including the administrators at Northside Hospital, my unit Manager and co-workers. If you want to meet me personally, let's set up a time for you to stop by. The "About the Instructor" attachment tells you a lot more about me and the program development. Also feel free to ride by my house, and stop any neighbors you may see meandering outside. Most of them know me very well (I've lived here for over 16 years), and they know all about my classes and me.

Before you ask - - I'm sorry, but I cannot take this class "on the road" to your neighborhood for several reasons. First of all there is just too much "stuff" I'd have to bring. I'd need to rent a truck to get everything transported and then I'd have to charge you a lot more for the class to cover the truck and all the extra time it would take to set it up and break it down. The other reason this class cannot be done elsewhere is because I need control of the environment. At their age the kids are easily distracted. I can't have a lot of outside noise, interruptions and disturbances. I need the kids to stay focused on the class. AND . . . where better to have a babysitting class than in a home, which mimics the typical setting they will be in when babysitting. Yes, I have taken it "on the road" in the past, but it's gotten much bigger and better over the years, and it's just not something I'd want to do right now (but I'm open to discussion! - sorta).

### Cost and Payment Options

The class cost includes a lot of stuff: You really cannot compare this to other classes that may be cheaper - because it's NOTHING like those classes.

The price you are paying includes:

All of the class training and use of equipment during the class, CPR Training through the American Heart Association, the official Babysitting 101 Plus Manual, an American Heart Association reference manual, a sling bag, first aid kit, American Heart Association manual and \*completion card, a CPR key chain face mask for use in real emergencies. a Diploma , a pen, snacks and a lifetime of lessons and fun memories!!!

**Regular Class Cost:** \$120. (Class and materials)

**Option - Deposit Only (to secure spot):** A deposit of \$30 is required to secure a spot in the class. Balance is due at least 5 days before the class. Deposit only option is not available when registering on the website. This must be done by returning the registration form via email.

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### Cost and Payment Options Continued:

#### Discounted Rates:

Only **ONE** discount per student is accepted:

- \* **\$ 7.50 discount** - for referring a friend who registers for the same class as your child.
  - \* **\$ 7.50 discount** - per child for registering siblings in a class together
  - \* **\$10.00 discount** - per student for groups of 5 or more (Inquire for details)
- \* *Optional Fee: Official American Heart Association CPR Card (not required, but it is recommended): \$25.*

For those of you who sent your older children to this class over the years, this cost was originally associated with the class cost, and not a separate line item. However, the AHA has raised their prices substantially and because most kids do not need this card, I have made it an optional purchase. This allowed me to keep the class cost down. Therefore, purchasing this card is an option. **There is absolutely no difference in the training your kids will receive.** All participants in this class will be trained through the American Heart Association by a certified AHA instructor and will receive a completion card/certificate stating such (although it is not the "official" AHA CPR Card). All participants names are also submitted to the AHA and are considered current for a 2 year period. Although it is recommended you purchase the card, it is not necessary for you to do so unless it is required by an employer or another entity (i.e. medical professionals, teachers, personal trainers, coaches, lifeguards, schools, etc.). On the other hand, the kids work hard for this certification, and are proud to carry their CPR card. But the choice is yours. **If you are purchasing the card, you must check that option on the Registration Form, and complete the line that asks how you want the name to appear on the card.** It does not have to be their formal name unless an employer needs it. NOTE: If a card is purchased as of the day of the class, the cost is \$25. If you decide you want the card AFTER the day of the class, please send an email requesting it. Since the Certification is good for 2 years, you can request this for up to 1 year after training. The cost of the card at this later date will be \$40, and that is subject to change as AHA changes their charges. The option to purchase the card is available to you on the registration form.

#### Payment options include:

- \* By Electronic App: PayPal (family/friend option please), Venmo, Apple Pay to 678-367-1452
- \* Check made payable to Babysitting 101 Plus - mailed with registration form to:  
Barri Zehner (or Babysitting 101 Plus) at 2300 Gladstone Place, Cumming, GA 30041
- \* Credit/Debit Card (info entered on registration form) - use website only to register this way.
- \* Optional - Deposit Only (\$30) to secure spot - website not capable of this. To do this you will need to Email form/send electronic payment or Mail form/send \$30 check.

#### Other Payment Info:

- \* Enrollment in class is not secure until payment is received
- \* All balances are due at least 5 days before the class. Failure to comply leads to forfeited discounts and possible loss of space in the class.
- \* Overpayments are refunded in the method paid (overpayments occur when a discount is earned after initial registration - i.e. referred a friend who registered for the same class date after you already paid)
- \* Group discounts are forfeited if not paid in full 5 days in advance.
- \* Checks are deposited 5 days before the class.

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### Cancellation Policy:

- \* Cancel at least 48 hours before the class for a full refund
- \* Cancel less than 48 hours before the class: funds transferred to future class date
- \* No show: no refund or transfer of funds to another class.
- \* Showing up late (no entry once class starts at 9) - forfeit payment.

### Class availability and times:

#### When are classes held?

Classes are offered during the school year on weekends, usually 1-2 times month on a Saturday or Sunday. During the summer classes are offered more often, and on weekdays. The list of available classes is listed here: [www.babysitting101plus.com/events](http://www.babysitting101plus.com/events)

Prior to registering, please send an email to [Babysitting101Plus@yahoo.com](mailto:Babysitting101Plus@yahoo.com) to confirm availability as the website may not be up to the minute.

Dates are also listed on the class facebook page at: [www.facebook.com/babysitting101plus](http://www.facebook.com/babysitting101plus)

#### What time are the classes?

This is a 1-day (8 hour) class that runs from 9am - 5pm, however, kids need to be INSIDE the house and ready to start at 9:00, so plan to arrive earlier than that. Doors are open for arrival at 8:45. Babysitters cannot be late for their jobs, and that includes this class. Kids arriving after the class starts will miss very important fundamentals of the class that are discussed in the first few minutes. The class ends at 5, but the kids do a demonstration of their newly acquired CPR skills for you at that time, so be back by 5 to watch the demo, but don't plan on leaving until 5:15.

### How to Register

1. Preferred method: Send an email to [Babysitting101Plus@yahoo.com](mailto:Babysitting101Plus@yahoo.com) to see if there are still openings on your preferred date. A link to the registration form will be sent to you (also available on website at [www.babysitting101plus.com](http://www.babysitting101plus.com))
2. A registration form can also be emailed to you - send an email requesting this.
3. To register a group of 5 or more, please contact Barri at [babysitting101plus@yahoo.com](mailto:babysitting101plus@yahoo.com) first and the link will be sent to you for registering.

### Class Preparation:

**What to wear:** Comfortable clothes - kids sit on the floor and are interacting with others. Long hair should be tied back. No dangling earrings or necklaces, no big bracelets, rings, or watches because they will end up hurting your hands and wrists during CPR. The temperature can fluctuate in the house, so wear or bring a hoodie/sweatshirt. You can take your shoes off during the class if you'd like, so wear/bring socks if you want.

**What to send the day of the class:** A sack lunch, bottle of **Water**, Sweatshirt, Hair Band (for long hair not tied back). No need to send pencils/paper — it is provided. Cell phones can be brought to class but they must be turned to SILENT and they cannot be kept in their possession during the class. They can use them during the lunch break or to reach you after class. If you need to reach them during the class, text me.

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### Contact Info:

Just an FYI, at times I can be difficult to reach, but I promise all inquiries are addressed ASAP. I am a RN on a very busy unit Northside Hospital. I work 12 hour shifts that are usually 13-14 hours long. I seldom have time to check emails or text messages while working, and I don't get home until 8:30 on a good day. But — I'll get back to you, promise, and if I don't for some reason, try me again.

My name: Barri Zehner, RN

Email: [Babysitting101Plus@yahoo.com](mailto:Babysitting101Plus@yahoo.com)

Cell Phone: 678-367-1452 (send text messages between 8 am and 10 pm only please)

Website: [www.babysitting101plus.com](http://www.babysitting101plus.com)

Location: 2300 Gladstone Place, Cumming, GA 30041 (class address and send mail here)

Facebook: [www.facebook.com/babysitting101plus](http://www.facebook.com/babysitting101plus)

Thanks for taking the time to read all of this. If your questions were not answered here, please contact me.

**Document Edit Date: 3/23/2019** (enter this date at the bottom of your registration form where it asks the Edit date of the About The Class Document.