



girl scouts  
of eastern missouri

Health • Cadette

# Badge Blueprint

## Babysitting badge

**Purpose:** This badge prepares Cadettes to take on the world of babysitting and test out their skills.

### Step 1: Get to know how kids develop.

Research how kids in different age groups act. Prepare a list of questions and set up a time to talk with an expert, like a school counselor, health-care provider, daycare professional, developmental psychologist or teacher. Ask questions and get their advice.



### Step 2: Prepare for challenges.

Attend a babysitter training course. Many local hospitals and community centers offer babysitting classes. If you are unable to take a face-to-face class, the Red Cross and other organizations offer online courses.

- [stlouischildrens.org/classes-events](http://stlouischildrens.org/classes-events)
- [mercy.net/childrens-classes-in-st-louis](http://mercy.net/childrens-classes-in-st-louis)
- [redcross.org/take-a-class/program-highlights/babysitting-caregiving](http://redcross.org/take-a-class/program-highlights/babysitting-caregiving)

### Step 3: Focus on play.

Volunteer for at least two hours. It can be at a local daycare center or pre-school or even with a younger Girl Scout troop. Contact your district or neighborhood chair, or the Girl Scout Service Center to find upcoming volunteer opportunities or programs you can help with. As you watch the kids play and interact, make sure to take notes of what the kids enjoy doing, how kids interact with each other and adults, and how to handle any issues that may come up.

### Step 4: Find potential employers.

Create your very own flier and questionnaire to give to family, friends and neighbors. Include your name, qualifications, including any training you have, and the type of babysitting job you're seeking. On the other side, include a questionnaire for your potential employers to include information on how many children they have, their ages, when the family needs babysitting help and any other information you need. Keep your personal details limited and never include your address. Make sure an adult approves your flier and only give it to people you know.

### Step 5 on next page

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*Remember, girls gain confidence and leadership skills through girl-led activities. Whenever possible, let the girls take charge when completing activities. Adult help is necessary for guidance, support and safety.*

**Step 5: Practice your babysitting skills.**

Plan a fun craft or activity. Get creative! It could be a simple baking recipe, do-it-yourself play dough, using paper bags to make puppets or getting jump ropes and hula-hoops and having a field day. Regardless of the activity, make sure you feel comfortable teaching it to others. Contact a local Girl Scout troop to see if you can teach the activity to their girls and get some practice.

Congratulations! You have now earned this badge!