



### Be a Safe Sitter®

- Would you know how to rescue a choking child?
- What if the child got a nosebleed?
- Do you know how to screen babysitting jobs to decide when to accept or refuse?
- Would you know what to say if you had to call 911?
- Do you know how to change a diaper?
- Safe Sitters learn these things ... and more!

For more information, visit [www.safesitter.org](http://www.safesitter.org).

# The care you need is always right here.

And here.

And here.



And here. And here. And here.

At South Baldwin Regional Medical Center, the care you need is always close to home – wherever home may be.

**SOUTH BALDWIN**  
REGIONAL MEDICAL CENTER  
*Quality Care. Right Here.*

Hwy. 59 • Foley, Alabama • 949-3400 • [www.southbaldwinrmc.com](http://www.southbaldwinrmc.com)

#### Part of the South Baldwin Care Connection

**Alabama Gulf Coast Imaging Center**  
251-962-1250  
Gulf Shores, Alabama

**Lillian Medical Specialist Clinic**  
251-961-1020  
Lillian, Alabama

**South Baldwin Regional Medical Center**  
251-949-3400  
Foley, Alabama

**Alabama Gulf Coast Urgent Care Center**  
251-962-1250  
Gulf Shores, Alabama

**Orange Beach Medical Center**  
251-974-3820  
Orange Beach, Alabama

**South Baldwin Regional Home Health**  
251-949-3600  
Foley, Alabama

# Safe Sitter®

*Better sitters today ...  
better parents tomorrow*



**SOUTH BALDWIN**  
REGIONAL MEDICAL CENTER



## A Message to Parents

Safe Sitter® is a medically accurate program that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children.

This class teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies.

*The Best Babysitter is a  
Safe Sitter®*



## South Baldwin Regional Medical Center Presents Safe Sitter®

When you accept a babysitting job, you accept the responsibility for a child's life. Taking a Safe Sitter® class will help prepare you to be a more responsible babysitter. And you'll have fun!

