

April 1, 2010

FOR IMMEDIATE RELEASE

**CONTACT: DEBORAH ROBERTS PUGH
(662) 377-3712**

NMMC CLASS TO PREPARE YOUNG BABYSITTERS

TUPELO, Miss.—This summer North Mississippi Medical Center will offer two sessions of Safe Sitter, a program to teach safe babysitting techniques.

The first class will meet from 8:30 a.m.-3:30 p.m. June 15-16. The second class will be offered from 8:30 a.m.-3:30 p.m. July 13-14. Both sessions will meet in NMMC's North Education Center, 830 S. Gloster St.

This medically-accurate instructional series teaches adolescents 11 years and older how to handle emergencies when caring for young children. To register, call (662) 377-3867 or 1-800-THE DESK (1-800-843-3375) by the Friday prior to class. The \$40 course fee includes lunch, a Safe Sitter certificate, important phone numbers pad and all course materials.

During the course, instructors give students hands-on practice in life-saving techniques so they are prepared to act in a crisis. Instructors also provide tips to make sitters more confident caregivers. They teach safety and security precautions, such as what to do if a stranger comes to the door, when and how to call for help, give information on child development and suggest age-appropriate activities.

