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**FOR IMMEDIATE RELEASE**

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### **NMMC CLASS TO PREPARE YOUNG BABYSITTERS**

TUPELO, Miss.—North Mississippi Medical Center is offering Safe Sitter, a program to teach safe babysitting techniques, from 8:30 a.m.-3:30 p.m. July 13-14 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) 377-7264 or 1-800-THE DESK (1-800-843-3375) by July 1. 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.