

About the OMK Babysitting Course:

The babysitting course curriculum was developed in support of Army Child & Youth Services and National 4-H outreach efforts. The course was designed to help middle school and teenaged youth learn what it takes to be responsible, caring, trustworthy, competent, capable, and safe babysitters. The course contains questionnaires, games, and scenarios to help make the lessons fun. Along with gaining knowledge and confidence, teens also receive a certificate of completion, and can babysit during military family events.

For more information or to register for a babysitter training course, please contact

Operation: Military Kids
Charlotte Cross, Program Director
Jody Jackson, Program Coordinator
UNH Cooperative Extension
Petee Hall, G05C, 55 College Road
Durham, NH 03824
(603) 862-0876
omk@ceunh.unh.edu
www.nhomk.com
www.operationmilitarykids.org



UNHCE County Offices

Belknap County
(603) 527-5475

Carroll County
(603) 447-3834

Cheshire County
(603) 352-4550

Coös County
(603) 788-4961

Grafton County
(603) 787-6944

Hillsborough County
(603) 641-6060

Merrimack County
(603) 796-2151

Rockingham County
(603) 679-5616

Strafford County
(603) 749-4445

Sullivan County
(603) 863-9200

Military Contacts

New Hampshire Army National Guard
Youth Program
(603) 227-1496

NH Operation: Military Kids collaborates with all branches of the military - National Guard, Reserves, and active duty - as well as community groups across the state, to support more than 4,100 children of service members throughout New Hampshire.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. US Department of Agriculture. University of New Hampshire and New Hampshire county government cooperating.



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Operation: Military Kids (OMK) Babysitting Course



**OMK ...
Working Together to
Support Military Kids and
Their Families**

www.operationmilitarykids.org



Why Take an Operation: Military Kids Babysitting Course?

Upon completion of the babysitting training program, students will:

- Earn hours towards school community service requirements
- Garner key life skills and gain a sense of responsibility
- Become more marketable as potential babysitters in their communities
- Gain the confidence to be successful babysitters and future employees
- Earn the personal satisfaction and recognition of providing an important and much-needed service for military families who need temporary emergency or respite child care

Course Objectives:

- Familiarize teens with the responsibilities of babysitting.
- Provide the necessary information for students to become capable, caring, trustworthy and responsible sitters.
- Help teens develop the confidence needed to handle situations that could happen when they baby sit.
- Help teens develop a positive attitude about the care of children.
- Prepare teens in the business aspects of babysitting.



What is Operation: Military Kids (OMK)?

The NH Operation: Military Kids program strives to: create networks of support for the children of military families; connect youth with recreational, social and educational programs; and foster community understanding about the impact of the deployment cycle on the military member, family, child and larger community. For more information on Operation: Military Kids visit www.operationmilitarykids.org

Course Instruction Areas:

- Child Development
- Deployment Issues and Military Culture
- Food and Nutrition
- First Aid and CPR
- Entertaining Children
- The Business of Babysitting