

## Why Become an Operation: Military Kids Babysitting Trainer?

By completing a six-hour babysitter training session, adult volunteers will:

- Acquire leadership skills as teachers and mentors to teens interested in child care.
- Gain personal satisfaction and recognition by providing an important, military-specific community service.
- Become affiliated with the University of New Hampshire Cooperative Extension, interacting with leading professionals in the youth and family development field.

**For more information, or  
to register for a babysitting  
trainer instruction course,  
please contact . . .**

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## UNHCE County Offices

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**Rockingham County**  
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**Strafford County**  
(603) 749-4445

**Sullivan County**  
(603) 863-9200

## NH Operation: Military Kids Partner Organizations

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. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



UNIVERSITY of NEW HAMPSHIRE  
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## Operation: Military Kids OMK

## Babysitting Trainer Instruction Course



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

[www.nhomk.com](http://www.nhomk.com)  
[www.operationmilitarykids.org](http://www.operationmilitarykids.org)



## **What is Operation: Military Kids?**

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 understanding about the impact of the deployment cycle on military youth, their families, and their community. For more information about NH Operation: Military Kids, please visit us at [www.nhomk.com](http://www.nhomk.com)

## **About the OMK Babysitting Trainer Instruction Course**

University of New Hampshire Cooperative Extension professionals and trained OMK partners teach a free, six-hour babysitting trainer instruction course to adult volunteers interested in child care. Upon successful completion of the training course and a criminal background check, volunteers will plan and deliver two babysitter courses to train students in their communities to become qualified, responsible babysitters.

The babysitting curriculum was developed in support of Army Child & Youth Services and national 4-H outreach efforts. The curriculum is comprised of an Instructor Guide, a Student Guide, and an interactive CD. It contains questionnaires, games, and scenarios designed to support each chapter in the course and make learning fun. In addition, a teaching kit has been developed for instructor use.

### **Course Instruction Areas**

- Child Development
- Deployment Cycle Support
- Foods and Nutrition
- Safety and First Aid
- Entertaining Children
- The Business of Babysitting

## **Course Objectives**

- Equip adult trainers with the skills and resources necessary to teach teens to become competent, safe, caring, and responsible babysitters.
- Adult trainers will guide students through the curricula, provide them with the confidence to handle difficult situations, instill in them a sense of responsibility, and prepare them in the business aspects of babysitting.

## **Trainer Requirements**

- Complete a six-hour training course
- Plan and deliver two babysitter instruction courses
- Mentor teen sitters at a local military family event (approximately a four hour commitment)
- Undergo a criminal background check

