

Find out what you need to know and what every parent wants in a responsible babysitter!

- Interview for a babysitting job
- Choose safe and age-appropriate toys and games
- Perform first aid
- Learn diapering and feeding techniques
- Handle bedtime issues
- Learn tips for having a safe babysitting experience
- & More!

Arizona Heat Elite presents . . .

Babysitting 101

In addition to our Summer Day Camps, we will be offering an interactive Babysitting 101 class for older students interested in learning or improving childcare skills. The students will be trained in emergency prevention and safety planning, as well as learn how to lovingly care for little ones through games and activities. This class is designed for 11-16 years old.



Training Athletes
Building Character
Investing in Lives

Please call for class dates and times or visit our website:

www.arizonaheat.org

**Arizona Heat Elite
Cheer Training Center**
1830 E. Baseline Rd.
Ste. 108
Mesa, AZ 85204
Phone: 480-539-1134
Fax: 480-539-9178
jmittchell@arizonaheat.org

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Etiquette & Manners

Have fun being polite! During our Etiquette & Manners class your student will learn how to properly meet and address others, display acceptable table behavior, and other general social skills. While you may not ever dine with the Queen of England, proper etiquette and manners never go out of style! This class is designed for 5-16 years old.



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What you need to know about etiquette & manners may cover much more than you think!

- Meeting & Greeting people big and small
- The Magic words
- The Phone
- Dining Do's & Dont's
- Giving, Receiving & Sharing
- School Manners
- Party Manners
- Privacy
- Customs, Courtesy & Common Sense

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