

## Thank Goodness for Little Sisters!



This is what a very grateful Amberlye Marion, 13, said after her younger sister, Brigid, 11, saved her life. The two girls took Safe Sitter® together at Phelps County Regional Medical Center in Rolla, Missouri, where their mother is a nurse.

Just four days later, both girls got a scary glimpse of how a situation may have turned out differently had it not been for their Safe Sitter® training.

The girls were home with their mother, who was in the living room. Amber was in the kitchen enjoying an apple while waiting for a call from a friend.

Amber, startled by the ringing phone, began to choke on a large piece of the fruit. It was lodged in her throat preventing her from talking or breathing.

"I started to panic," Amber said. Brigid, who had been walking by, noticed her sister putting her hands to her throat to show the choking sign. She also saw that Amber's lips were blue. It was at that moment that Brigid knew she needed to perform abdominal thrusts.

"The apple popped out on the first thrust. I just knew I needed to save my sister's life," said Brigid. "I knew to stay calm and not to panic. Safe Sitter® taught me what to do."

After the scary event, Brigid told her mother who, understandably, was very proud.

"I'm so glad Brigid came into the kitchen at that time!" Amber said. "As the older sister, I take care of my younger sister. But, that day, she came to my rescue. She saved my life. The skills we learned in Safe Sitter® saved me!"

-Safe Sitter eMonthly

# The Best Babysitter is a Safe Sitter®



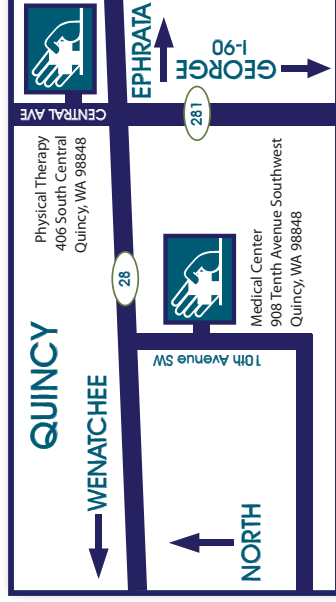
# SAFE SITTER®

Offered thru:



Quincy Valley Medical Center

Better Sitters Today. Better Parents Tomorrow.



Quincy Valley Medical Center  
908 Tenth Avenue Southwest  
Quincy, WA 98848

Phone: 509-787-3531

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[www.quincyhospital.org/safesitter.htm](http://www.quincyhospital.org/safesitter.htm)



BETTER SITTERS TODAY.  
BETTER PARENTS TOMORROW.™

For information

Please see our website at

[www.quincyhospital.org/safesitter.htm](http://www.quincyhospital.org/safesitter.htm)

or contact

Sarina Fahrner at (509) 787-5374

# Quincy Valley Medical Center Presents Safe Sitter®

Better Sitters Today. Better Parents Tomorrow.



## Be a Safe Sitter®

- ★ Would you know how to rescue a choking child?
  - ★ What if the child got a nosebleed?
  - ★ Do you know how to screen babysitting jobs to decide when to accept or refuse?
  - ★ Would you know what to say if you had to call 911?
  - ★ Do you know how to change a diaper?
- Safe Sitters learn these things...and more!
- When you accept, a babysitting job, you accept the responsibility for a child's life.

- ★ Taking a Safe Sitter® class will help prepare you to be a more responsible babysitter. And you'll HAVE FUN!

## A Message to Parents

Safe Sitter® is a medically accurate program that teaches young adolescents how to handle emergencies when caring for children.

This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies.



(Please bring a sack lunch for all day courses. Drinks and a snack will be provided.)

## Please note:

You must be at least 11 years old on the class date. Parents are required to sign a registration/permission form at the time of registration.

## Class Fee:

Safe Sitter classes cost \$45 per participant. Scholarships are available on a need basis. Please contact Sarina Fahrner at (509) 787-5374 for more information.

## Registration Fee Includes:

Safe Sitter Manual  
Completion Card  
Graduation Ceremony

## Class Dates and Times:

Please see our website at [www.quincyhospital.org/safesitter.htm](http://www.quincyhospital.org/safesitter.htm) or call (509) 787-5374 for the most current schedule.

## Class Length:

The instruction period in this course totals nearly 12 hours.

## To Register:

Call Sarina at (509) 787-5374



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Safe Sitter Program