Parents need to feel confident when leaving their child(ren) in the care of a babysitter or other childcare provider. The American Academy of Pediatrics (AAP) addresses this issue through the BLAST! Program, which provides extensive training in pediatric first aid, household safety, and the fundamentals of childcare.

Why is this program important?
According to Care.com, 74% of parents hire a babysitter at least once a month to take care of their child(ren), making it all the more important that a sitter is competent and understands the responsibilities of caring for a child. Parents want peace of mind in knowing their babysitter can handle an emergency in their absence.

The Babysitter Lessons & Safety Training (BLAST) program addresses this very issue through a comprehensive training program that prepares adolescents and young adults to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently.

For more information about the BLAST training course, visit: https://blogs.ecsinstitute.org/blastsafehouse.


Who can benefit?
The BLAST program is designed for people ages 13 and older who will be providing direct childcare for young children. However, the babysitter’s parents and the parents looking to hire a babysitter may also benefit from having this knowledge. This program is also relevant for grandparents and other types of caregivers who may babysit a child.

Primarily, the BLAST materials (which include a brief manual) have been utilized within the US. Since 2015, over 17,000 manuals have been sold to our target market.

Program details
BLAST! (Babysitter Lessons and Safety Training), Revised Third Edition is an important training program for potential babysitters and parents considering hiring a babysitter. The BLAST! program is exciting and interactive, providing extensive training in pediatric first aid, household safety, and the fundamentals of childcare.

Course materials focus on the following core areas:
• Getting Started
• Safety First
• Sitter Basics
• First Aid
• First Aid Kit
• Kid Fun

Following the review of program materials, babysitters will be better prepared with the knowledge and skills to engage a child, promote safety and manage minor injuries.

How is the program implemented?
Currently, the BLAST materials are available in print, which includes a fun, easy to follow booklet, and an interactive safe

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house-training tool which can be accessed via the Internet at http://go.ECSInstitute.org/BLASTSafeHouse.

Information included within these materials focus on:

- Most current practices for safety and injury prevention while babysitting
- First Aid basics for emergency response
- Quick references tools for babysitters

The AAP is transitioning this program to an app-based software where learners will review similar content presented in a new engaging, interactive, and game-based format. We anticipate that this app would become available for purchase in 2022.

**Delivering value and impact**

In the US based market, the BLAST materials have been sold to over 17,000 learners, which include children 13 and older, parents, and other relatives, since 2015.

While the BLAST program has had a strong presence domestically within the US, we believe we can further the adoption rate and growth of this program globally with the development of an app that will be easily accessible to many more learners within our target market. As we expand internationally, natural first partners may be childcare providers in U.S. embassies and au pair agencies.

**Partnerships**

The BLAST program is currently published in partnership with Jones and Bartlett Learning Public Safety Group (https://www.psglearning.com/). Red Foundry is the vendor building the software-based application.

If you have questions about AAP's suite of global programs, products and services, please contact Albert Jones, Director of Global Business Development, at ajones@aap.org or aapglobal@aap.org.