

# BABY and TODDLER CARE

## Modules

### EMPOWERMENT AND CONFIDENCE BUILDING

- Be the Best You Can Be
- Qualities of a Child-Minder
- Working on Strengths and Weaknesses

### HYGIENE *(Keep it Clean)*

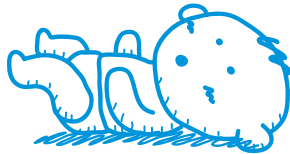
- Introduction to Germs and How They are Spread
- Personal Hygiene
- How and When to Wash Hands
- Baby/Child Hygiene
- Bedroom Hygiene
- Kitchen Hygiene

### SAFETY *(Playing it Safe)*

- General Safety Guidelines
- Safety in the Bathroom & Kitchen
- Safety Outside

### HOW TO *(Practical)*

- Pick Up a Newborn
- Bathing
- Change Nappy
- Dressing
- Sterilize Bottle (3 Methods)
- Make a Bottle
- Feed Baby
- Basic First Aid & CPR



### CARING FOR BABY

- Caring for a Crying Baby
- Caring for a Colic Baby
- Controlling Temper Tantrums in Older Babies and Toddlers
- Caring for a reflux baby under caring for a colicky baby

Cost

R1850.00

### ALL ABOUT NUTRITION

- Newborn to Twelve Months
- Introducing Solids
- Food Allergies
- Child Nutrition (1-5 Years)

### POTTY TRAINING

- Knowing when baby is ready
- Bed time rules
- Staying on the potty

### PLAY TIME *(Activities and Games per Age)*

- 1 - 12 Months

### BALANCING BABY AND HOUSEWORK

- Following a Routine
- Planning your Day/Week
- Prioritising
- Discussions to Have with Employer

Our **BABY AND TODDLER CARE COURSE** is a mixture of theory and practical, with the emphasis on practical. We have an assessment at the end of the course.

#### INCLUDES:

Your nanny will receive:

- Illustrated Work Book and Work Sheets
- Baby and Toddler Care Certificate
- Refreshments and a Hot Lunch are provided



#### NANNIES IN TRAINING

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