

Help for Teens in Child Care Roles

One great feature of working for K-State Research and Extension is the cross-collaboration and teamwork. I am pleased to be working with passionate and skilled educators to create resources to help teens who are now providing child care.

K-State Research and Extension has launched a new program, “Suddenly in Charge,” aimed at helping older children learn the best ways to handle what may be a new role taking care of younger children, whether in their own homes or those of a neighbor or friend.

Over the coming weeks, helpful information will be available on the Suddenly in Charge [website](#) for teens, tweens and anyone charged with caring for younger children, whether it’s a new situation or they’ve been doing it for years.

Resources include a babysitter information sheet which collects important information about all family members. (This could also be used for older adults). A safety checklist will be released next week to help teens be proactive to create safe environments. Upcoming “tip sheets” will share weekly topics with safety reminders, activities and snack ideas.

Previously, teens have had the opportunity to participate in local babysitting classes to gain competence and confidence. These classes will be offered in the future. Until then, “Suddenly in Charge” resources provide simple and easy ways to make things safer and reduce the stress of this pandemic.

Please stay safe, healthy and at home. For more resources, visit the kstate.ag/KSRE-COVID-19 web page. Our Cowley County Extension office is closed as our team is working remotely. Our phone line is forwarded, please reach out to 221-5450 or 441-4565.

Source: ksre.k-state.edu/families

K-State Research and Extension — all in-person events have been canceled through May 16

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K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.