



Karen Lewis

CONTACT



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LinkedIn | Portfolio



Miami, FL 12345

EDUCATION

Bachelor of Science (B.S.) in Family and Child Studies

Florida State University, Tallahassee, FL
June 2011

KEY SKILLS

- Behavior modification techniques
- Budget and household management
- Emergency response and first aid
- Establishing and maintaining boundaries
- Meal planning and nutrition management

ABOUT ME

Long-time child care professional with over 13 years of experience nurturing children ages 4 to 16. Known for managing complex household schedules and promoting healthy lifestyles through personalized meal planning, engaging physical activities, and positive behavioral reinforcement.

PROFESSIONAL EXPERIENCE

Full-Time Babysitter | June 2020 - Present
Smith Family, Miami, FL

- Supervise four children (ages 4, 8, 11, and 16) and facilitate travel to over 100 extracurricular activities annually, including sports, lessons, and events
- Implement a chore rotation system to increase older children's participation in household tasks from two to six completed chores per week
- Reduced family's reliance on processed and fast foods by 70% through meal planning and preparation of healthy, whole-food dishes
- Managed a lice outbreak among siblings, contributing to treatment and prevention measures that eliminated the problem within 10 days with no recurrence

Long-Term Babysitter | September 2016 - May 2020
Rodriguez Family, Gainesville, FL

- Babysat for a family of five children ages 5 through 12, coordinating doctor's appointments, playdates, and family events with 100% punctuality
- Managed a monthly budget of \$500 for groceries, activities, and incidental expenses without overspending
- Oversaw the entire household for two weeks during a family emergency, maintaining children's routines and completing all parent-assigned care and tasks
- Implemented a reward-based system for chores and good behavior, increasing children's participation in household tasks by 80%

CERTIFICATIONS

- Pediatric First Aid and CPR Certification, American Red Cross | March 2023
- Child Passenger Safety Technician Certification, National Highway Traffic Safety Administration | August 2019
- Positive Discipline Educator Certification, Positive Discipline Association | January 2018