

## Helper Training: Family Child Care

Minnesota law requires helpers in the child care home to take initial and ongoing training. This form is an optional tool for tracking required training for helpers.

**Helper**—A person at least 13 years old and less than 18 years old who assists the provider with the care of children. A helper must have 6 hours of in-service training within 1 year after the date of initial service.

Caregiver Information		
License holder name (First, MI, Last):	License number:	Date helper(s) began assisting in the program:
Helper 1 name:	Helper 2 name:	

Indicate the date the required training was completed. Proof of completion must be provided to the program’s licensing agency.

Helper 1	Helper 2	Training Requirement	Knowledge & Competency Framework
		<b>Sudden Unexpected Infant Death (SUID)</b> —Before caring for infants and annually thereafter. Training must be completed once each calendar year (January 1 to December 31). Training must first be completed in a classroom or via an online training no more than 2 hours in length. This classroom/online training must be repeated every 2 years. In the years when the helper is not receiving classroom/online training, the training may be completed by watching a selection of approved videos totaling no more than an hour in length.	KCF VII.B
		<b>Abusive Head Trauma (AHT)</b> —Before caring for children under school age and annually thereafter. Training must be completed once each calendar year (January 1 to December 31). Training must first be completed in a classroom or via an online training no more than 2 hours in length. This classroom/online training must be repeated every 2 years. In the years when the helper is not receiving classroom/online training, the training may be completed by watching a selection of approved videos totaling no more than an hour in length.	KCF VII.B
		<b>Basic Education for Safe Travel (B.E.S.T.)</b> —Every 5 years. Before providing transportation for children under the age of 9, the person placing children in passenger restraints must have completed the training. Training must be repeated at least once every 5 years (by December 31 in the year the training is due). Both the online and in-person components must be completed.	KCF VII.B

## Resources

For information about upcoming in-person and online training opportunities and to access individual Learning Records, visit [Develop](#). For information about B.E.S.T. training, visit [Car Seat Safety for Caregivers: What You Need to Know](#).