Step Up to SIT: An Introduction

This document provides a brief introduction to the student initiative, Step Up to SIT. Contact information can be found at the end.

What is Step Up to SIT?

Step Up to SIT is a student led initiative with the goal of keeping healthcare and other essential workers healthy and able to do their jobs while reducing the transmission of COVID-19 between children and their families. This initiative matches high school and college students willing to offer their babysitting services with individual families to allow parents to keep working. At a time like this, it is easy for young people, who are largely unaffected by COVID-19, to feel helpless. It is our hope that through this initiative we can empower young people to do what they can to keep their communities safe, and at the same time offer valuable and necessary assistance to healthcare and other essential workers so they can feel confident continuing to do their jobs to keep our Rochester functional and healthy.

It is so important in crises like these that communities come together to offer and sacrifice their time and talents to protect society’s most vulnerable. It is our mission to make those efforts as easy as possible, and we are committed to doing our part to ensure the health and safety of our community!

Why Does it Matter?

Our government is doing what they can to minimize the viral spread while ensuring that workers can still do their jobs, and we are so grateful for their proactive efforts. However, crowded daycares full of children who are unlikely to get very sick, but have huge potential to spread the virus, mean increased risks for healthcare workers interacting with vulnerable populations on a daily basis. By matching individual babysitters with individual families, our goal is to minimize interactions that can spread the virus and keep our community’s children and workers as healthy as possible.

How Does it Work?

Step Up to SIT matches students willing to babysit with parents in need of childcare. In order to participate, all you have to do is fill out a google form, which can be found at
bit.ly/StepUptoSIT or by scanning the QR code below. If you are a student, the form will ask about your availability, willingness to volunteer your time, child age preference, and driving capabilities. If you are a parent, the form will ask about the age(s) of your children and childcare needs. Once you have filled out the form, we will match babysitters and parents and make an introduction via email. At that point, it’s up to you to sort out logistics, but we are always available to help in any way we can!

What About Payment?

We understand last minute childcare can present a serious financial burden. Many of our students are willing to volunteer their time! If, as a parent, cost is concern, there is a place to indicate that need/preference. Otherwise, hourly rates and payment structures should be determined between each individual student and family. We will do our best to ensure all families in need of volunteers are matched appropriately, but matches are based on availability and preference.
We will also be accepting donations via Venmo @StepUptoSIT, the proceeds from which will be donated weekly, in equal proportion, to the Ronald McDonald House of Rochester, the Dorothy Day House of Rochester, the International Society for Infectious Diseases, and the Direct Relief’s Coronavirus Pandemic Response.

Questions?

If you have any questions, please do not hesitate to email us at stepuptosit@gmail.com or reach out via our social media and we would be happy to help in any way we can!

Twitter: @StepUptoSIT
Instagram: @stepuptosit
Facebook: Step Up to SIT

Meet the Founders!

**Rioghna Pittock** is a junior at Mayo High School who has always been passionate about public health policy and community activism. She is the president of her school’s H.O.P.E. club (Health Organization for the Purpose of Education), a representative on her Student Government, and participates in a research mentorship at Mayo Clinic. She has two younger brothers and came up with the idea for Step Up to SIT while talking with her parents about how difficult the COVID-19 disruptions would be to healthcare workers without older children to watch their younger children. Rioghna is deeply committed to empowering her peers to do their part to keep Rochester running, especially as part of a demographic largely unaffected by the virus.
Hannah Pittock is a senior at the University of Chicago majoring in Economics and Political Science. Hannah takes huge pride in the Mayo Clinic tradition of service and her Rochester community and is excited to apply her expertise in business and marketing to meet a real need. Hannah appreciates the value of Mayo Clinic’s leadership as a health institution and is ready to do her part to ensure that Rochester’s health personnel can focus on their vitally important jobs at this time.
Instagram and Snapchat Stories

If you’re a student willing to babysit or a parent in need of childcare, please fill out this form and we will match you!