

Home Alone Reminders

Is My Child Ready to Be Home Alone?

Ask these questions:

- *How does my child respond to stressful situations?
 - *Is my child a good problem solver?
- *Does my child make good decisions and obey rules?
 - *Is my child comfortable being alone?
- *Does my child have the ability to care for him/herself?
- *Is my child assertive enough to call someone for help?
- *Does my child feel comfortable with emergency contacts that I use?

If you decide to leave your child home alone, make sure he/she knows:

- ✓ Basic first aid
- ✓ When and how to call 9-1-1
- ✓ What to do in case of an emergency (know the list of emergency contacts!)
- ✓ What to do if there is a fire/small kitchen fire
- ✓ How to lock and unlock doors and windows
- ✓ How to properly use the phone/cell phone
- ✓ How to fix meals and use stove/microwave
- ✓ What to do if the smoke alarm goes off
- ✓ How to handle severe weather
- ✓ What to do if there is a power outage
- ✓ The house rules (and see they have a track record of following them!)