

# Building Strong Families

## Prepare Your Child to Stay Alone

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Use these lists to track your progress in giving your child information and training needed for self-care.

### **Children who stay alone need to know how to react in situations such as:**

- ✓ being locked out
- ✓ being afraid or lonely
- ✓ having arguments with brothers and sisters
- ✓ leaving the house
- ✓ having friends in

### **They need to know rules for:**

- ✓ cooking and using the kitchen
- ✓ snacks and meals
- ✓ talking with friends on the phone
- ✓ assigned tasks and when to do them (such as, clean their rooms before having a snack, or put away the dishes before going outside to play).

### **Children who stay alone need to have:**

- ✓ good telephone skills
- ✓ a list of emergency numbers
- ✓ knowledge of what to say in emergency situations
- ✓ an understanding of when it is appropriate to call adults for help

### **They also need to know:**

- ✓ how to respond if someone calls
- ✓ how to lock/unlock doors and windows
- ✓ what to do if approached by a stranger on the way home
- ✓ what to do if they think someone is in the house
- ✓ what to do if someone touches them inappropriately
- ✓ what to do if they smell smoke or gas or have a fire
- ✓ what to do during storms
- ✓ basic first-aid techniques and when to get medical help