Building Strong Families
Prepare Your Child to Stay Alone

These lists will help you keep track of how you are teaching your children to care for themselves. Check off your progress.

Children who stay alone need to know what to do in situations such as:

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

They need to know the rules for:

- cooking and using the kitchen
- fixing snacks and meals
- talking with friends on the phone
- doing chores
- going to bed

Children who stay alone need to have:

- good telephone skills
- a list of emergency numbers
They also need to know:

- how to answer if someone calls
- what to do in an emergency
- when and how to call adults for help
- how to lock/unlock doors and windows
- how to use needed kitchen appliances and tools safely
- what to do if they think someone is in the house
- what to do if someone touches them in the wrong way
- what to do if there is a fire or if they smell smoke or gas
- what to do during storms
- how to give first aid and get medical help