

## HOME ALONE

As our children grow up we are faced with new challenges. Leaving children at home without direct adult supervision is one of them.

If you do leave your children home alone, there are several things you can do to improve safety:

- Tape a list of important phone numbers near the phone. Include your work and/or cell phone numbers, a neighbor, close relative and emergency personnel.
- Establish emergency procedures, including minor first aid to use in case of accidents. Review the procedures regularly and hold drills.
- Create a message system using a board, answering machine or tape recorder for leaving last-minute instructions or reminders that your children can check when they return home from school.
- Make a list of productive things your child can do until you return home.
- Have a nutritious snack ready for them and set rules about the use of appliances.
- Set guidelines with your children about visitors while you are out and how to handle telephone calls or strangers coming to the door. Practice with them on how to respond.