



## The Basics of Staying Home Alone Readiness Sheet



The transition of staying home alone is a big step for both the child and the parent. Your child should be indicating a desire or willingness to stay home alone. They should be showing signs that they are able to accept responsibility for their actions as well as being aware of the needs of others. If you are not seeing these signs, then finding other alternatives to staying home alone may be the safest decision for your child. Keep in mind that you can re-evaluate the readiness of your child at a later time. Here are some points to consider when deciding if your child is ready to stay home by themselves. Be honest with your answers.

- Yes or No: Can your child give his or her address and directions to home?
- Yes or No: The child can repeat and dial the home phone and parent contact numbers?
- Yes or No: The child can handle phone calls properly?
- Yes or No: The child feels safe when alone and fears (such as darkness) or nightmares are minimal when adults are not around.
- Yes or No: Your child can identify and demonstrate two escape routes from the home in case of fire.
- Yes or No: The child has demonstrated the correct way to handle strangers at the door.
- Yes or No: The child is verbalizing the desire to stay home alone.
- Yes or No: If the child is responsible for other children in the home, the children are able to stay alone with each other without fighting.
- Yes or No: Your child can explain how to handle first aid for cuts, scrapes, burns, nosebleeds, poisonings, bites, choking and eye injuries.
- Yes or No: Your child can demonstrate on a play phone or by role playing how to call for emergency help, (9-1-1).
- Yes or No: Your child knows and abides by house rules, such as computer use, television viewing, what appliances can be used.
- Yes or No: You have discussed with your child all of the above issues including if friends can come over, homework to be done when home alone and if the child can go outdoors when by themselves.
- Yes or No: If there is a family pet does your child know how to care for the pet: for example-letting the pet out, feeding or cleaning up after pet.

These are just a few questions that you can ask yourself to help you assess the readiness of your child to stay home alone.