

Home Alone Safety Tips

Reproducible

Arrange for emergency numbers and people who can help to be readily available.

Make emergency phone numbers readily available for children (e.g., posted on the fridge). If the children have smart phones, program the numbers for them.

Make sure children have a way to reach someone (e.g., a family member, a family friend, a neighbour) at all times.



Regularly discuss home alone scenarios with your child, so they can practice responding safely.

Teach your children:



1. Keep the doors locked. Only open the door for people they are expecting and whom parents/guardians have given permission to have over. If there is a security system, make sure they know how to use it so they can keep it on while they are home alone.



2. Keep information about being home alone offline.



3. When answering the phone, always pretend a parent/guardian is home.
4. If someone who is not expected comes to the door, do not answer it. If that person persists to come in, DO NOT let them in. Call the police emergency line.



5. If they're unsure or uncomfortable about something, they should call a parent/guardian.
6. Avoid watching, reading or looking at scary material that may trigger their imagination or make them feel scared.

Provide Opportunities for Practice

Create opportunities for your child to practice being home alone for short periods of time when you are easy to reach/close by (e.g., when you go to the neighbour's house to visit or make a quick trip to the store).