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Family Keys

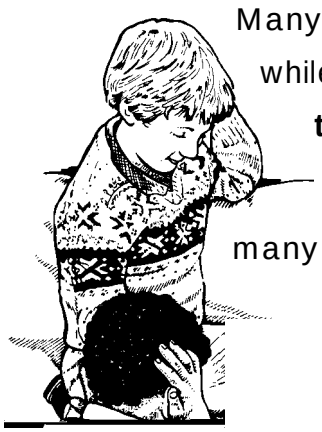
Self-Care Resources for Children & Their Families

Safe at Home

7 KEY

Accidents are the leading cause of death in children ages 6 to 12. Children home alone after school are at risk in two ways: **First,** they may not think ahead to avoid accidents. **Second,** they may not respond in the best way after the accident has happened, which can make matters worse.

Firearms pose a special danger. Watching TV, children see guns shown as exciting and powerful, Many children have been maimed or killed while examining firearms that parents **thought** were safely stored.



Even if children have been told many, many times that firearms are "off limits," the temptation to examine them or show them to friends can be hard to resist.

Avoid accidents.

Many accidents can be prevented. Before you start self-care, begin with a safety check around the house, apartment or farm.

Check✔

1. ❑ **Yes** ❑ **No**

Dangerous substances such as matches or lighters, paint thinner, bleach, drain cleaner or pesticides are stored where they won't be ignited, spilled, mixed, or accidentally mistaken for food or drink.

2. ❑ **Yes** ❑ **No**

Wires to all electrical appliances are safely insulated. Cords are unplugged when the appliance is not in use. (Be sure no one can trip over cords and wires, but never tack cords down or run them under rugs where they can be frayed or worn.)

3. ❑ **Yes** ❑ **No**

The temperature on your hot water heater is set below 140 degrees F — ideally between 120 and 130 degrees. (Above 140 degrees F, tap water can cause a third-degree burn.)

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Resources

Family Keys 4, 5, 10 and *11* cover phone skills, first aid, fire and kitchen safety.

Key 6 covers interpersonal safety.

7 KEY

Safe at Home points out some ways accidents happen to children home alone, and ways to prevent them. *Key* 7 also reminds parents that children may experiment with risky behavior when parents aren't home, and offers ways to teach how to refuse pressure from friends and to reduce risks

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