

B3885



# Preparing for self-care

FACT SHEETS FOR PARENTS AND CHILDREN

## Introduction

**S**o you are interested in leaving your child home alone?

These materials can assist your family in exploring whether or not a child is ready for self-care. If your child is ready, the materials can help in developing your family's home alone plan.

Five fact sheets address your child's readiness for being home alone. Three are intended for parents, and two are designed for children.

These fact sheets pose many questions for your family to consider as they prepare your child to be home alone. If after answering the questions, you and your child do not feel ready for self-care, it is wise to postpone leaving the child home alone.

When the family feels the child is ready to be home alone, nine fact sheets will guide you in creating your home alone plan.

Remember, every family is unique. There is no magic age when a child develops the maturity and good sense needed to stay alone. There is much to discuss: family rules, home and personal safety, handling emergencies, and what to do with the home alone time.

A family must discuss how to handle and make decisions about its own situation.

We hope these materials will help your family through this important step toward independence for your child.

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