B3885-02

home alone

READINESS
FOR PARENTS

Is your child ready for self-care?

Can you answer yes to these questions?

	YES	NO
1. Do you feel your child is mature enough to handle the responsibilities of being alone?	☐	☐
2. Do you and your child communicate well about feelings?	☐	☐
3. Can you trust your child to tell you if something goes wrong in self-care?	☐	☐
4. Does your child follow family rules and directions well?	☐	☐
5. Is your child resourceful? Is he or she able to find something useful and interesting to do?	☐	☐
6. Is your child able to solve problems?	☐	☐
7. Have you talked with your child about self-care? Is he or she interested in trying self-care?	☐	☐
8. Is your child confident about self-care?	☐	☐
9. Have you prepared your child and home for self-care?	☐	☐
10. Can you reach your child by phone and monitor a self-care trial situation?	☐	☐
11. Are you reliable? Do you come home on time? Can you be reached in an emergency?	☐	☐
12. Is there an adult nearby that can be contacted if there is an emergency (contact person)?	☐	☐

If you answered mostly yes, you will probably want to read the *Are your home and neighborhood safe?* fact sheet. If you answered mostly no, you may want to store these materials for a later date and continue to provide direct supervision for your child.

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