B3885-04

home alone

READINESS for kids

Kids: Are you ready?

When your parents agree that you may try self-care, they are showing they think you are growing up and responsible. They probably will want to try self-care for a while to see how you do. By talking with your parents about your feelings, you can help decide whether the time is right for self-care.

Answer these questions by checking yes or no

	YES	NO
1. Are you sometimes afraid to be alone in the house during the day?	☐	☐
2. Are you sometimes afraid to be alone in the house after dark?	☐	☐
3. Are there activities you would miss if you go home after school?	☐	☐
4. Is there someone in your neighborhood who would make you feel afraid if you were home alone?	☐	☐
5. Do you have a contact person who can help in an emergency?	☐	☐
6. Can you do your school work or other activities when home alone?	☐	☐
7. Do you know the family rules for use of television, game systems, computer, internet, phone, and having friends over?	☐	☐

If you answered no to the first four questions and yes to the last three, you are probably ready to start thinking about what it would be like to care for yourself.

Think about:

- What household chores would you do if you were home alone?
- Are any of your friends in self-care?
- What problems do they have?
- What would you do for fun if you were home alone?
- What do your friends like about self-care?

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