

A Checklist for Leaving Older Children

Physically, is your child able to:

- Lock and unlock the doors and windows of your home?
- Do self care tasks, such as making a sandwich, dialing the phone, and writing a message?

Mentally, does your child:

- Tell time?
- Understand clearly what “stranger” and “emergency” mean?
- Recognize danger and know when to get help?
- Consider how his or her actions affect others?

Socially, does your child:

- Solve conflicts with brothers and sisters with little help from adults?
- Talk easily to you about what happens at school and about his or her feelings?
- Feel confident enough to contact an adult if a problem arises?

Emotionally, does your child:

- Feel confident and secure when you leave?
- Seem willing to stay alone for short periods? For longer periods?
- Know how to handle fear, loneliness or boredom?
- Know how to handle responsibility such as getting to school on time?
- Know how to look out for younger brothers and sisters?

Before you leave, show your child:

- Where things are in the house and how they work.
- Things in the house that may make strange noises.
- Where the flashlight and first aid kit are located.
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