

Keep These Important Numbers Near the Phone!

Mom or Dad's Work:

Mom or Dad's Cell:

Neighbor/Friend:

School:

Poison Control Center:

Police: **911** or **(701) 223-1212**

Fire: **911** or **(701) 355-1400**

Emergency Help: **911**



**NATIONAL
CRIME
PREVENTION
COUNCIL**

Bismarck Police Department

**700 S 9th St
Bismarck ND 58504**

(701) 223-1212

Emergency 911

Crime Stoppers (701)224-TIPS

www.bismarck.org

National Crime Prevention Council

1700 K Street NW Second Floor

Washington, DC 20006-3817

www.weprevent.org

Bismarck Police Department

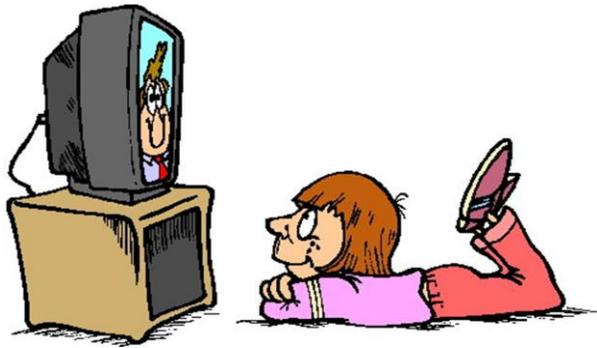
Presents:

A Parent's Guide For Kids At Home Alone



Take a Stand

- Some schools, religious institutions, libraries, recreational and community centers, and local youth organizations have programs that give children 10 and older a place to go and something to do after school – a “homework haven” with sports, crafts, classes and tutoring.
- Don't forget that kids of this age can also get involved in their communities. Help them design and carry out an improvement project!



Your ten-year-old comes home from school at 3:00 p.m., but you don't get home from work until 5:00 p.m. He's at home alone for those two hours every weekday.

What does he do until your arrive?

Most likely, he gets a snack or talks on the phone. Maybe he watches TV or plays video games. But since you're not there, you worry.

Just like the majority of American parents who work and have to leave their children on their own after school every day, you are anxious about your child's safety.

By following the safeguards listed, you can help ease some of this worry and take measures that will protect your kids even when you're not around.

What You Can Do

- Make sure your children are old enough and mature enough to care for themselves.
- Teach them basic safety rules.
- Know the three "W's":
 - Where are your kids?
 - What are they doing?
 - Who are they with?

Are They Ready?

Can Your Children:

- Be trusted to go straight home after school?
- Easily use the telephone, locks, and kitchen appliances?
- Follow rules and instructions well?
- Handle unexpected situations without panicking?
- Stay alone without being afraid?

A word about curiosity...

Are there things you don't want your children to get into? Take the time to talk to them about the deadly consequences of guns, medicines, power tools, drugs, alcohol, cleaning products, and inhalants. Make sure you keep these items in a secure place, out of sight and locked up, if possible.

Teach your "Home Alone" Children

- To check in with your or a neighbor immediately after arriving home
- How and when to call 9-1-1
- How to give directions to your home, in case of emergency.
- To never accept gifts or rides from people they don't know well.
- To never let anyone into your home without asking your permission
- If equipped, how to operate your home alarm system.
- How to escape in case of fire.
- To not go into an empty house or apartment if things don't look right – a broken window, ripped screen, or opened door.
- To let you know about anything that frightens them or makes them feel uncomfortable.

