



Home alone (after school)

Set rules for success if kids are home alone after school. The Red Cross recommends that parents and guardians take the following steps for kids alone at home:

- Have your kids call you at work or send a text to check in when they get home.
- Lock the doors and don't open the door for delivery or service workers. Don't tell anyone on the phone that the parents are not home. Don't reveal this information online or in social media chats or texts.
- Set ground rules for older kids about whether other kids can come over or if they can cook or leave the home.
- Post an emergency phone list with parents' work numbers, cell numbers, neighbors, and others the kids can trust including 9-1-1.
- Practice an emergency plan about what to do in case of fire, injury, or other emergencies. Know where the flashlights and first-aid kit are kept.
- Remove or safely store in locked areas dangerous items like guns. Keep potential poisons such as lighter fluid out of reach. Lock up medications.
- Limit the time kids spend in front of the television or computer. Activate parental controls.