

## At Home Alone

Over 25% of children between the ages of 10-14 years of age spend some time home alone. The 10-14 year old who is home alone may be faced with the need to make decisions about many things (e.g. who to call if they need help, what to do if the power goes out). Parents need to make sure they feel confident about their child's ability to be home alone safely. Children also need to feel prepared to take on more responsibility.

**At Home Alone** is a two hour interactive workshop for parents and their 10-14 year old, to help prepare them to stay home alone safely. This workshop helps open up lines of communication and assists families in working together to develop a home alone safety plan.

Topics in this family workshop include five steps:

- **A** – Assess if you are ready
- **L** – Learn about safety
- **O** – Organize your home
- **N** – Negotiate the terms
- **E** – Evaluate how things are going

For more information, call Toronto Health Connections at 416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, At Home Alone).

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