

# Being Safe at Home

Safety skills help protect children



## Safety Tips in the Home

- § Go over the guidelines to follow when your child is home alone and the doorbell rings.
- § Discuss answering the phone when no parent or adult is home.
- § Present your child(ren) with a number of situations and have them act out their responses.
- § Identify those appliances that may be used and those that may not be used. Some appliances that parents may not want their children to use include stoves, irons, food processors and power tools.
- § In the event of a fire, your child's only responsibility should be to get out of the house safely and report the fire from a nearby house. Stress that even if your child has caused the fire, he/she must never try to put it out.

## Safety Tips for Coming Home

Share these safety tips with your child:

- § Have a set route coming home and don't take short cuts. Let your parents know the route.
- § Let your parents know when you should be home. If you're going to be late, let your parents know.
- § Go to the safe place or call someone from your emergency list if you need to.
- § Try to walk with others.
- § If confronted by someone or something suspicious, cross the street or change directions. Trust your instincts.



## Develop an Emergency Plan

Write a list of people for your child to call or places to go in case of an emergency. Discuss the list with your child and mark whom to call when. For example:

- If you're scared or don't know what to do, call . . . Mom at work, Grandma, or the next door neighbor.
- In a real emergency, call . . . 911.

As a parent, you need to be sure help is always available when your child needs it, and that your child knows she/he may call adults for help whenever frightened or just not sure what to do.

# Rules At Home

Rules provide structure for children and can help them feel secure.  
List some rules for your home

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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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6. \_\_\_\_\_  
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7. \_\_\_\_\_  
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## Guidelines For Creating Rules

- § Try to have your child participate in creating the rules.
- § State rules clearly, specifically, and in a positive manner. For instance: "The breakfast dishes should be done and the table set for dinner by 5:00 P.M."
- § If the rule involves a task, make it a necessary and appropriate one for your child. It may be unreasonable for a 9-year-old to prepare dinner but appropriate for him/her to set the table.
- § Remember to check and enforce rules consistently.
- § Remember that mistakes can happen. Firmness, patience, and flexibility will help you and the child.
- § Some areas where rules might help are personal safety, homework and chores, play privileges, care for siblings, snack preparation, and television watching. What are others for your family?