



The **Home Alone: Preparing for Self Care** program can help your family explore whether or not a child is ready to stay home alone. If your child is ready, this program can help in developing your family's home alone plan.

This **ONLINE** program is intended for **parents and children** and includes online exercises and video segments for parents and children to **complete together**. After the program, parents and children will be able to determine if self care is appropriate at this time.

The 12 modules are:

- Home Alone Introduction
- Parents Are You Ready?
- Kids Are You Ready?
- Developing Your Own Home Alone Plan
- Safety With Others
- Fire Safety
- Gas & Electric Safety
- Medical Emergencies
- How to Report An Emergency
- Family Rules: Getting Along with Others
- Structuring Time When You Are Home Alone
- Conclusion & Final Feedback

The **Home Alone: Preparing for Self Care** program can be found online at <http://fyi.extension.wisc.edu/homealone/>




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