



**KOHL'S**  
Cares



## When is your child ready to stay home alone?

Once kids reach middle school age, they start becoming more responsible for making the right decisions to keep themselves safe. While your kids may be more independent, it is just as important to make sure you are doing what you can to teach them safety. Below is a simple quiz to start the conversation about your child's preparedness to stay home alone. For more in-depth safety tips and resources, visit [KohlsSafeandHealthy.com](http://KohlsSafeandHealthy.com).

Most experts recommend that children should be at least 11 to 12 years of age before they are ready to stay home alone. **TRUE**

*Age is one developmental guideline. You, as a parent, are the only one who can assess your child's maturity, comfort level and overall readiness. If he expresses worry, he may not be ready. When he is willing to try it, staying home alone can help build confidence and independence. Start by leaving your child home for a short amount of time, and extend that time as everyone becomes comfortable.*

Stoves are dangerous for kids to use, but cooking things in the microwave is just fine. **FALSE**

*Scald burns are common when using a microwave. Many people forget that food containers get extremely hot in the microwave. Kids should only use a microwave by themselves when they are tall enough to reach it safely and understand that steam can cause serious burns. Always use hot pads to carefully remove items from the microwave.*

You should test your smoke detectors at least twice a year. **TRUE**

*Current recommendations are to test your smoke alarms twice a year when you change your clocks for daylight saving time. Change the batteries every year, and replace smoke detectors every five years. Does your child know what to do if a smoke detector goes off? Does your family have a fire plan?*

The Red Cross babysitting course is really just for kids interested in babysitting. **FALSE**

*The Red Cross babysitting course is recommended for all kids age 11 and older, whether they plan on babysitting or not. It includes education on first aid, CPR, making good decisions under pressure and what to do in an emergency. The course is offered in some school districts, many area YMCAs and in local communities. It's one great way for them to get ready to stay home alone.*

It's safe to assume your child at this age knows what is (and is not) allowed when you're not at home. **FALSE**

*Clarifying rules and discussing expectations is important. Set clear limits on cooking, using TV, computers, electronic devices and having friends over. Make sure your child knows how to reach you, and what to do in an emergency. Post this information in a prominent place in your household for easy reference.*



[KohlsSafeandHealthy.com](http://KohlsSafeandHealthy.com)

