

— OFFICIAL GUIDELINES FOR LEAVING KIDS —

HOME ALONE

On Joint Base Myer—Henderson Hall

GUIDELINES FOR LEAVING KIDS HOME ALONE

| Age of Child | Supervision Level | Left alone at home | Left alone overnight | Left alone in a vehicle | Left outside playing alone |
|-----------------|---------------------------|--|--|---|-----------------------------|
| 0-10 YEARS OLD | DIRECT SUPERVISION | No | No | No | No |
| 11 YEARS OLD | MONITORED CARE | Yes. Up to 3 hours alone with ready access to adult supervision. | No | No | Yes, with access to adults. |
| 12-13 YEARS OLD | MONITORED CARE | Yes. Up to 6 hours alone with ready access to adult supervision. | No | Yes, but no more than 15 minutes with car keys removed. | Yes |
| 14-15 YEARS OLD | SELF CARE | Yes, but not overnight. | No | Yes | Yes |
| 16 + YEARS OLD | SELF CARE | Yes | Yes, but not more than 2 consecutive nights. Indirect supervision recommended. | Yes | Yes |

LEVELS OF SUPERVISION DEFINITIONS

DIRECT SUPERVISION: Adult Supervision at all times.

MONITORED CARE: An adult is aware of child's location & activities during out of school hours. An emergency contact is available at all times.

SELF CARE: Parent must assess child's ability to be in self-care and know how to access adults in an emergency situation.

Remember these are only Guidelines:

A child with a history of ADHD, ADD, developmental delay, behavioral problems, impulsivity, psychiatric problems, medical problems or other impairments should not be given the degree of self-management & responsibility. Talk to the child's doctor about their recommendations.

Always have a safety plan in place with emergency numbers & basic home safety rules.

GUIDELINES FOR BABYSITTING

| AGE OF SITTER | REQUIREMENTS |
|---------------|--|
| Age 13 | Yes. Must be 13 years of age (babysitting course required) & access to adults. |
| Ages 14-15 | Yes. Babysitting course (highly recommended) & access to adults. |
| Ages 16-18 | Yes. Babysitting course (highly recommended) & access to adults. |

