



Back-to-school safety review

Emergency contacts

- Does your child know who you have designated as emergency contacts at school? These are people the school will call if your child is sick or there is a school emergency and you are not available.
- Does your child know how to contact you when you are not together? Do they have your cell phone numbers memorized and programmed into their phone if they have one?
- Does your child know how and when to call 911 for help? Only call 911 when there is a life-threatening emergency.

Home alone

- If your child comes home after school to an empty house, do they know what to do? If they are younger, should they go to a designated neighbor's house? If they are older, do they have a key, and do they know how to get into the house?
- There is no set age for kids to stay home alone, because kids mature at different rates. Most kids are not ready to stay home alone until they are at least 12 years old. Even then, children should not be left alone for more than a few hours.

Make a plan

Create a paper copy of the contact information for your family and other important people/offices, such as doctors, schools, or service providers. Have kids carry this information in their backpacks, and have older kids put this information in their phones. Make sure your designated emergency contacts have the same information.

Practice

Have your kids practice calling and texting emergency contacts. They should say where they are, and that they are OK. Make sure your kids can recite your address and phone numbers from memory.

It's the time of year when you are completing school paperwork and thinking about your kids heading back to school. As you prepare them for the new school year, include a family safety review in the discussion.

Find out what they know and don't know about what to do in different situations, and make a plan.

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