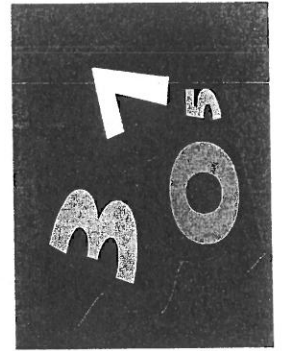


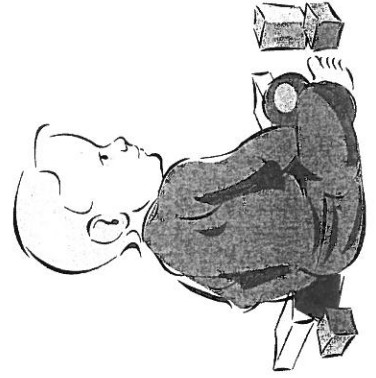
How Old is Old Enough?

As a parent you may often wonder at what age your child can be left unsupervised or can babysit other children. The following are some things to consider before leaving your child unattended or allowing them to babysit other children:

- Children age 7 and under should not be left alone for any period of time.
- Children ages 8-10 may not be left alone for more than three hours.
- Children ages 11-13 may not be left alone for more than 12 hours.
- Children ages 14-15 may not be left alone for more than 24 hours.
- Children ages 16-17 may be left alone for over 24 hours with a plan in place concerning how to respond to an emergency.



- Children under age 11 should not provide child care.
- Children ages 11-15 who are placed in a child care role are subject to the same time restrictions as being left alone.
- Children ages 16-17 may be left alone for more than 24 hours with adequate adult back up supervision.



- The maturity level and behavior of your child.
- The availability of a parent, guardian, or caretaker by phone or in person.
- Your child's status with regard to physical & mental health/developmental needs.
- Your child's awareness of the dangers of appliance use (stove, iron, microwave) or unusual hazards in the home.
- Discussion of an escape plan or fire drill participation with your child.
- Discuss the locations of your smoke detectors with your child. (Remember to check your batteries twice a year!)
- What is your child's reaction to being left alone?
- What are the ages of the children your child is caring for and their behaviors and needs?
- Consider enrolling your child in a baby-sitting clinic. Check for your communities resources or call your child's school.