

## SELF-CARE READINESS CHECKLIST

The checklist is provided as a tool to help parents consider the appropriateness of self-care for their children. It should be used as a guide only, NOT as the deciding factor. Parent and child should complete the checklist independently. Are there differences in how the situation is viewed? Discuss the differences. Use this tool as one factor in making your decision.

Yes or No - The child can give his or her address and directions to home.

Yes or No - The child can repeat and dial the home phone number.

Yes or No - The child can explain how to handle first aid for cuts and scrapes, burns, nosebleeds, poisonings, bites, choking, and eye injuries.

Yes or No - The child knows where to locate first aid supplies kept in the home.

Yes or No - The child can identify two escape routes from the home in case of fire.

Yes or No - The child can handle telephone calls correctly.

Yes or No - The child has demonstrated correct procedures for handling strangers at the door.

Yes or No - The child knows how to reach parents or other responsible adults by phone.

Yes or No - The child can name two adults to contact in case of an emergency.

Yes or No - The child will tell parents or child care providers about daily events without prompting.

Yes or No - The child can locate a safe place to seek shelter during a storm.

Yes or No - The child can name five household rules and identify which ones were followed the previous week.

Yes or No - The child can give an example of a time when they had to figure out and decide what was the right thing to do, without adult input.

Yes or No - The child feels safe when alone and fears (such as darkness) or nightmares are minimal when adults are not around.

Yes or No - The child has indicated an interest or willingness to stay on his or her own.

Yes or No - If other children will be present, the children are willing to stay alone with each other and fighting is at a tolerable level.

Respond (hardly ever, sometimes, often, most of the time, or always) to the following statements describing the child.

The child...

- completes household chores
- completes homework
- arrives at school on time
- arrives home on time
- lets parent/provider know where he or she is going before leaving
- asks for help when problems arise