

Child SAFETY

Parenting is hard work! It's important for parents to have time away from their children.

However, babies and children under 13 cannot take care of themselves, so you should never leave them home alone—even for a few minutes.

Children can be hurt and killed by fire, drowning, poisoning, falls and other causes if they are left home alone.



To Protect Your Child:

- If you leave the house, *even for a minute*, take young children with you or get a responsible adult to stay with them.
- A child under 13 should not be left alone to take care of a younger child, even if it's a brother or sister.
- If your child is 13 or older, have them take a babysitting course so they will know what to do if there is an emergency.
- Never leave your children alone in a car.



Anyone who babysits for your children should know:

- How to use a telephone to call 9-1-1 in case of emergency.
- What to do in case of a fire. (Practice your home escape plan.)
- How to reach you or another adult if there is an emergency.
- How to call the Poison Center if necessary (1-800-222-1222).

Make a list of emergency phone numbers and place it where it can be easily seen. Be sure and leave a phone number where your babysitter can call you.