



Home Alone Safely: Staying Safe at Home

Child's Name

Birthdate

Allergies

Child's Name

Birthdate

Allergies

Child's Name

Birthdate

Allergies

Child's Name

Birthdate

Allergies

Parent's Name

Phone Number

Email address

Location

Parent's Name

Phone Number

Email address

Location

Home Address

Parent return time

To Reach Parent

Call

Text

Email

Emergency Contact 1

Phone Number

Relationship

Emergency Contact 2

Phone Number

Relationship

Emergency Services

Poison Control

Alarm Code

Wifi Password



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Allergies or Medical Issues (include times and dosages for medicines)

Location of First Aid Kit

Location of Medications

Location of Allergy Medications (EpiPens)

Location of Sunscreen and Bug Spray

Pediatrician

Phone Number

Location

Dentist

Phone Number

Location

Orthodontist

Phone Number

Location



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Breakfast

 :

Snack

 :

Lunch

 :

Snack

 :

Kitchen Policy

- OK to use Stove
- OK to use Hot Plate/Griddle
- OK to use Microwave
- OK to run Dishwasher

- OK to use Garbage Diposal
- OK to use Glassware
- OK to use Knives
- OK to use Oven

House Rules (no shoes on, pets stay inside, etc.)

Screentime Restrictions (TV, devices, gaming consoles, chat)

Phone Use Policy

- OK to talk to Parents
- OK to talk to Family
- OK to talk to Friends
- OK to talk to Contacts
- OK to talk to Unknown

- OK to text Parents
- OK to text Family
- OK to text Friends
- OK to text Contacts
- OK to text Unknown