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STRONG FAMILIES: COMPETENT KIDS



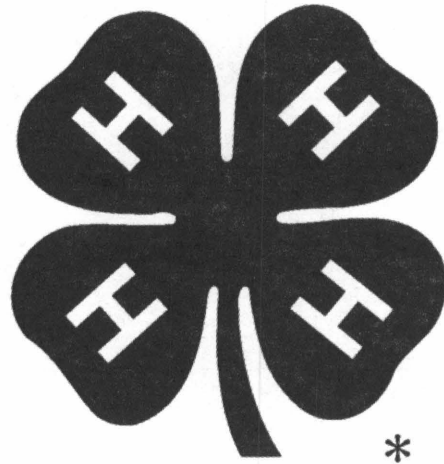
Youth Book

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Acknowledgments

The Strong Families: Competent Kids program was originally developed by Extension Agents Nancy Pfafflin and Penny Risdorn with assistance of colleagues Bonnie Braun, Mary Johnson, Barbara Joseph and Pat Southard.

This revision was written by Linda Licht, Prince William County Youth Education Coordinator, with assistance from Deborah Carter, Prince William County Extension Agent, 4-H

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Strong Families: Competent Kids

Strong Families: Competent Kids is a Virginia Cooperative Extension 4-H program that helps families become strong in the lifeskills needed when

the decision is made for a child in the family to stay home alone.

STAYING HOME ALONE

At some time you will stay home alone. You and your parents will decide together when the time is right for you. When you stay home alone you are in self-care. Self-care means taking care of yourself without adults around. You need to be a very responsible person to do this and that's what this book is all about. This book is filled with information and activities to help give you the skills you need to be a competent kid who can take care of yourself. Being "competent" means being able to do something well.



**Do you think you are ready to
stay at home alone?**

**There is a checklist on the next page
of things you need to think about before
being in self-care.**



WHAT DO YOU THINK ABOUT SELF-CARE ?



1. Are you comfortable alone in your home by yourself? YES NO
2. How long do you feel comfortable being alone?
Check as many as you wish.
30 minutes _____
1 hour _____
before school _____
after school _____
all day _____
3. Can you lock and unlock the doors of your house? YES NO
4. Can you fix yourself a snack? YES NO
5. Do you know activities you can do when you are home alone? YES NO
6. Would you do some chores? YES NO
7. Are you able to get along with your brothers and sisters if they are at home too ? YES NO
8. Do you know who to call in case of emergency? YES NO
9. Do you know about stranger safety? YES NO
10. Do you know basic first aid, such as caring for a cut? YES NO



** Talk about this page with your family.*

WHAT ARE THE RULES?

You and your family will want to talk and talk and talk about all the things you need to know before you are in self-care. Here are some basic rules that we suggest as good ones to follow when you are in self-care. We will discuss all these rules in this handbook.

RULES FOR SELF-CARE

1. Take proper care of your key.
2. Go straight home from school.
3. Don't enter the house if you are suspicious.
4. Keep your doors locked.
5. Check in with Mom or Dad when you get home.
6. Keep phone conversations brief.
7. Don't let a stranger in the house.
8. Don't say you are home alone.
9. Follow family rules for visits from friends and for playing outside.
10. Follow family rules for kitchen use.
11. Know what to do in case of emergency.

Some of the basic rules say "follow family rules." Family rules are rules that are needed for your family. These are the rules you must follow. You and your family will decide what rules are important to all of you and what the consequences will be if they are not followed.

One way to plan your home rules is to have a "FAMILY MEETING." At the family meeting every member of the family will cooperate by communicating and making choices as to what rules are the rules of the family - **your family!**

HAVE A FAMILY MEETING! MAKE FAMILY RULES!

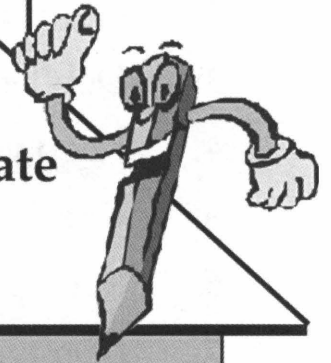
AT
FAMILY
MEETINGS
YOU CAN...

Communicate- Let everyone talk!

Have an Agenda

Cooperate

Write down plans and decisions.



Family Meeting Topic Ideas

What would you like to discuss with your family? Add more topic ideas in the empty bricks

Chores

**Using the
Telephone**

Vacations

Problems

Good News

Friends

**Watching
T.V.**

KEY RULES FOR KEY SAFETY

1. Never give your key to a friend.
2. Never hide a key outside your house.
3. Do not put your name and address on your key.
4. Remove the key from the door after unlocking it.
5. Keep your key in a safe and private place.
If you wear it on a chain, keep it inside your clothing.
6. Keep an extra key with a trusted neighbor.

No matter how careful you are, you still might lose your key.

If you should lose it, don't panic —

You could...

- go get a spare key at a neighbor's house
- call your parents.

What would you do if you lost your key?

KEY SAFETY

These Children are talking about caring for their house keys. Decide which are safe ideas for key care and which are unsafe.



Check Safe or Unsafe



I keep my key in my library book.
 Safe Unsafe



I keep my key in my purse on a key ring.
 Safe Unsafe

I give my key to a friend to keep for me.
 Safe Unsafe



My key is taped to the bottom of my backpack.
 Safe Unsafe

I just toss my key in my backpack.
 Safe Unsafe

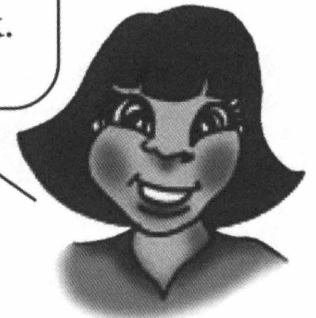


My key is on a string around my neck.
I tuck the key beneath my shirt.
 Safe Unsafe



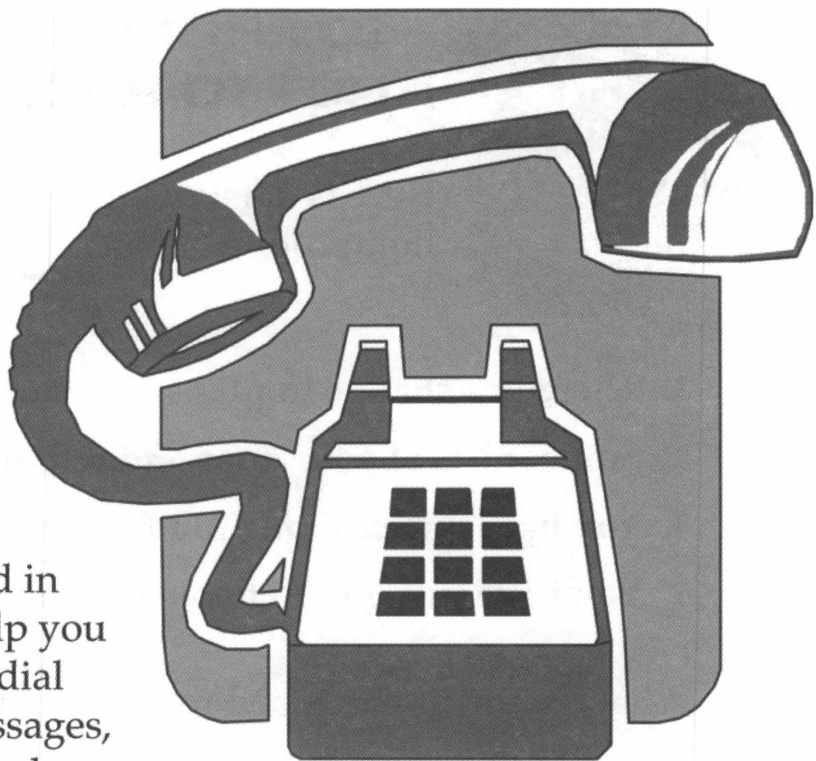
My key is in the backyard hidden in a small box where no one will look.
 Safe Unsafe

My key is pinned to the inside of my pocket.
 Safe Unsafe



THE TELEPHONE - A GOOD FRIEND

When you're home alone, the telephone can be a good friend. It can help you communicate with people and take care of your needs. In just a matter of seconds, you can talk to your parents, neighbors, doctor, police, or fire department. If you are lonely, you can chat with a friend, and in case of emergency you can get the help you need. You will need to know how to dial phone numbers, give and receive messages, take a message for someone else, and place a phone call in the event of an emergency. Many people have an answering machine as well, and you will need to know how to use that too. You will want to practice using the phone directory so you will be able to find a number you don't know.



REMEMBER THESE PHONE TIPS:

1. Answer the phone with "Hello" and don't say your name.
2. Never tell a stranger your name, phone number, or address.
3. Never tell a stranger you are home alone. Say your parents are unable to come to the phone, and you will be glad to take a message.
4. Check in by phone with your parents when you first get home.
5. Keep your list of important phone numbers close to the phone.
6. Follow your house rules for phone time limits for your conversations.
7. Hang up on prank phone calls.
8. Know when to call your parents at work and the proper way to ask for your parent.



TO PHONE OR NOT TO PHONE PARENTS

Here is a list of good reasons to call parents when you are home alone

1. There is a change in plans and you will arrive home at a different time.
2. Someone is at your door and will not leave.
3. You have an accident. You fell and are in a lot of pain.
4. You have just gotten home from school.

What are some other good reasons for you to call your parents when you are home alone...

You and your parents need to have a plan if your phone is out of order!

Here is a suggestion of what to do...

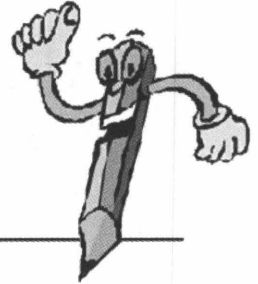
Go to a neighbor's house to see if their phone is out of order. If it is, then probably many homes have no phone service. Be patient—your phone will be fixed soon. If it is only your phone that is not working, go to a neighbor's house and call your parents. They may want to call the phone company and report the problem.



** Discuss these pages with your parents.*

What Would You Say?

The phone rings! You are home alone.



The caller says...

Hi, My name is Mrs. Jones. May I speak to your mother?

You say... _____

The caller says...

Are you home alone?

You say... _____

The caller says...

I'm a friend of your Mom's and need to call her at work. Do you have her number?

You say... _____

The caller says...

Hi, it's important that I leave a message for your Dad. When will he be home?

You say.... _____

The caller says...

I am selling magazine subscriptions and would like to know if you are interested?

You say... _____

The caller says...

You don't know me, but I'd like to talk to you for a while and get to know you.

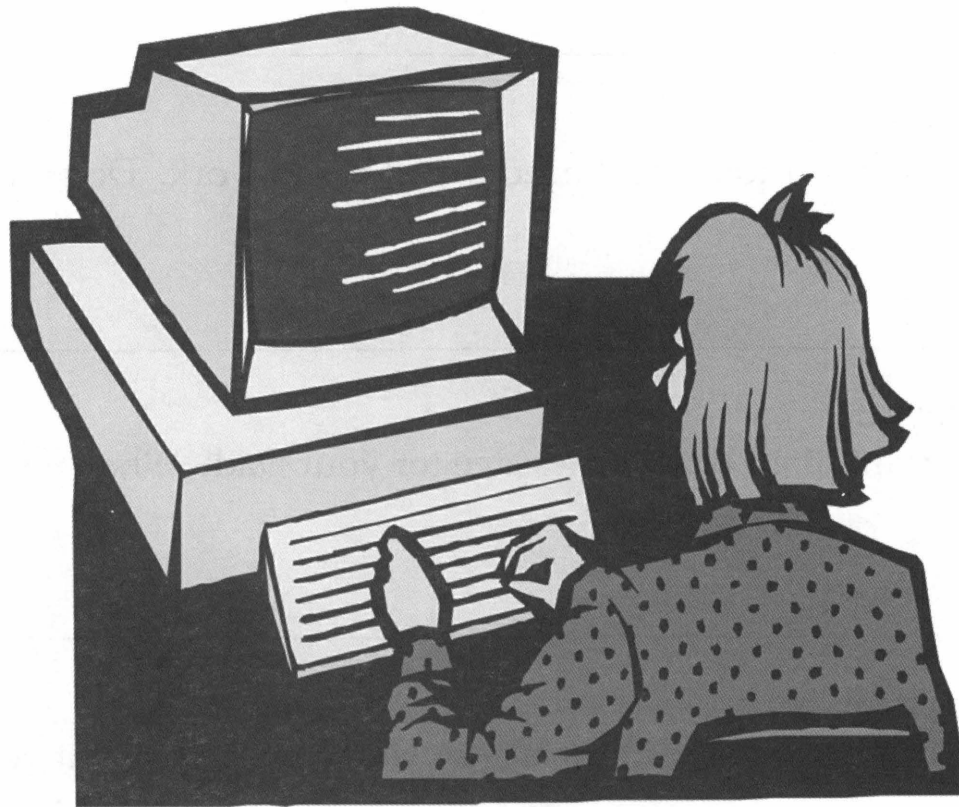
You say... _____



REMEMBER THIS...



- When using the internet, follow the same rules for stranger safety that you use on the telephone.
- Do not give any personal information.
- Disconnect immediately if you read anything that makes you uncomfortable. Tell your parents if this happens.



** Talk this page over with your parents.*

IMPORTANT TELEPHONE NUMBERS

Emergency: Dial 911 or _____
Police: _____
Fire: _____
Ambulance: _____

OTHER IMPORTANT NUMBERS:

Poison Control Center: _____

Doctors Office _____ **Home** _____

Dentists Office _____ **Home** _____

Hospital: _____

Friends and Neighbors:

Names	Numbers
_____	_____
_____	_____
_____	_____
_____	_____

Mom's Work _____

Dad's Work _____

Directions to my house:

**Cut this out and place near your telephone.*

Fold -up Emergency Card

Fill out all information for the fold-up emergency card.

School Address: _____

Phone: _____

Home Address: _____

Phone: _____

Parent's Name: _____

Work Address: _____

Phone: _____

Friend or Relative: _____

address: _____

Phone: _____



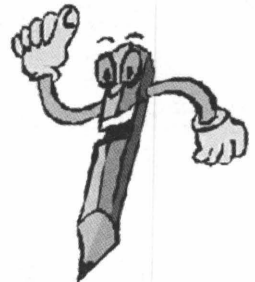
** Cut out the fold -up emergency card. Fold on the lines and keep it with you when you leave the house. You may need this in case of an emergency.*

EMERGENCY! CALL 911!

Remember the Word WANT
Stay Calm
Do Not Hang Up Before the Operator
Speak Slowly & Clearly

W - What Happened
A - Address
Say your complete address.
N - Name
Say your name.
T - Telephone number
say your telephone number

Pretend you are making an emergency phone call. What is your WANT information?



W _____

A _____

N _____

T _____

ANSWERING THE DOOR

You're home alone - There's a knock at the door!

What do you do?

Your parents may say...

"Don't go to the door at all! "

Or...Your parents may say...

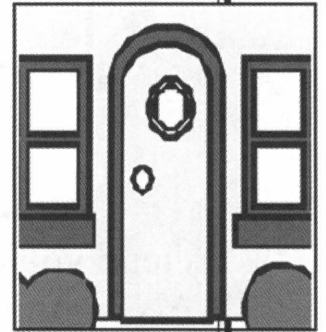
"Go to the door, don't open it, look out the peephole or window and only let in the people we say you can let in the house."

You and your parents will make the rules about answering your door. Here is good advice for you and your parents to consider.

IF YOUR PARENTS SAY GO TO THE DOOR...



1. Keep the door locked always.
2. Do not open the door.
3. Ask, "Who is it?" through locked door.
4. Never say you are home alone.
5. Tell delivery person to leave packages outside.
6. Never let a stranger inside, even in case of emergency.



Remember: When someone at the door is persistent, *you must be resistant.*

If the stranger says:

1. "May I speak to your parents?"
2. "I'm delivering a package."
3. "I'd like to sell you..."
4. "Could you sign this..."
5. "Could you help me?"

You might say:

1. "*are busy right now.*"
2. "*Please leave it outside.*"
3. "*No thank you, we're not interested.*"
4. "*Not now, my parent will call you later. What is your phone number?*"
5. "*I'll call a neighbor for you.*"



**Talk this page over with your parents.*

STRANGER SAFETY

REMEMBER: A Stranger Is Someone You Do Not Know Very Well

Read This Story:

John is 11 years old and is walking home from school. He feels like he is being followed so he turns around and sees a man walking behind him. The stranger looks a little familiar, but John definitely does not know him very well. John begins to walk quickly, and then decides to run. Should he go home since no one is there? What should John do?

STRANGER SAFETY RULES TO REMEMBER Keep Away From Strangers

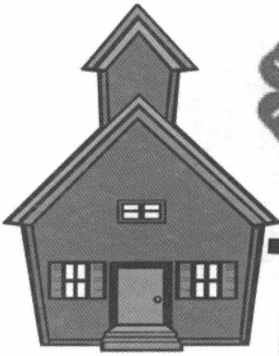
- ✿ Never Talk To Strangers
- ✿ Don't Go Anywhere Alone
- ✿ Never Go Anywhere With A Stranger
- ✿ Don't Do What A Stranger Says
- ✿ Don't Take Anything From A Stranger
- ✿ If A Stranger Grabs You, Scream,
"This Is Not My Mother / Father."
- ✿ Look For Someone You Can Trust
And Get Help If A Stranger Approaches You.



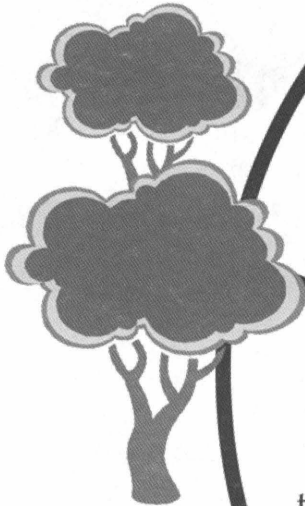
MAKE A SAFE PERSONS LIST

You and your parents will decide which persons will be okay for you to talk to and go places with when they are not around. Put these persons on your SAFE PERSONS LIST.

STRANGER SAFETY GAME



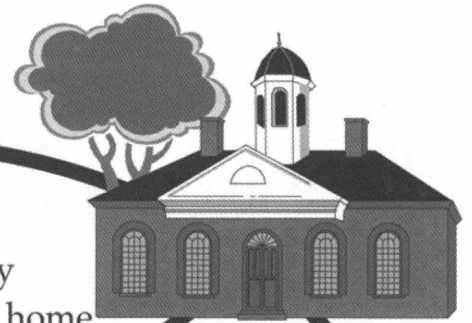
**Start
From School**



*Beware of strangers,
Walk home safely*

Change of plans!
You go to the library
instead of going straight home
and didn't tell parents.

Lose 1 turn.

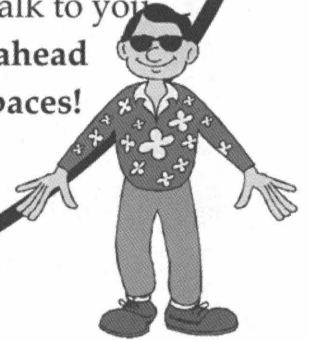


You and your friend
are walking home.
Being with a friend
is safer than being alone.
Take an extra turn

You called parent to
talk about change
in schedule.
Go ahead 1 space!

You walked quickly
past a stranger who
tried to talk to you

**Go ahead
2 spaces!**



You stop to chat
with a friend
too long.

A car stops and
a stranger asks
for directions.
You go up to the car.
DANGER! lose 1 turn!

You see you are
being followed.
You walk back to
the crossing guard
to tell her.
Good thinking!
Extra turn!

Game Rules:

2 Players.

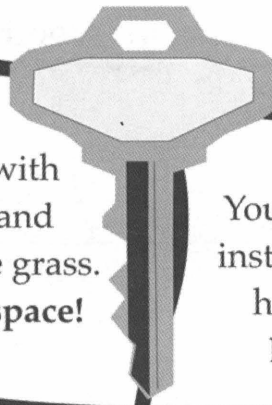
Use buttons for markers

Flip a coin to move.

HEADS - Move 2 spaces

TAILS - Move 1 space

You play with
your key and
drop it in the grass.
Go back 1 space!

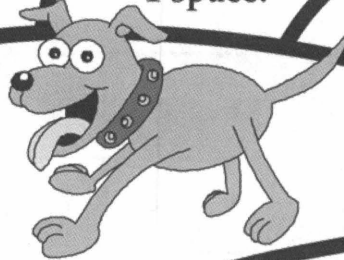


You are dawdling
instead of walking
home quickly.
Lose 1 turn!



A neighborhood friend invites you into their house, you go. Your parents don't know where you are.
Lose 1 turn!

You stop to play with a neighborhood dog. A delay!
Go back 1 space!



A stranger yells and offers you candy. You get away quickly!
Very smart!
Take an extra turn!

You travel home on the same route every day. Smart!
Take an extra turn!

Extra Turn!

You decide to walk home through a dark alley- Not safe!
Go back 5 spaces

A stranger says your Mom is sick and wants you to come with him. You run to a block parent and call your Mom. Good thinking!
Go ahead 1 space!

You see a stranger close to your home. You go to a neighbor that you can trust.
Go ahead 1 space!



SAFELY HOME!

Safe at the library, but you stay there too long.

Someone yells your name. It's a stranger. You keep walking. Good thinking!
Take an extra turn.



A stranger grabs you - You scream, "You're not my parent." Good thinking!



One of your house windows is broken. You still go in. This is dangerous.
Go back 3 spaces!
Safely Home!

STRANGER SAFETY WORD SEARCH

Read each sentence. Fill in the blank with a word that completes these Stranger Safety rules. Find these words in the word search. Circle the answers. Look across, up, down, and diagonally.



H	J	R	E	S	P	O	N	S	I	B	L	E
O	W	B	P	I	P	A	R	E	N	T	S	O
U	U	A	U	B	K	T	O	R	M	R	T	D
S	R	F	R	I	E	N	D	J	A	C	F	I
E	A	R	S	Q	L	T	M	E	W	I	D	R
G	T	C	A	R	H	D	P	L	A	S	A	E
S	C	R	E	A	M	K	I	J	Y	E	G	C
T	R	I	C	K	E	D	S	N	L	F	I	T
N	G	A	R	S	T	R	A	N	G	E	R	I
T	A	L	K	O	C	M	P	Z	Q	S	M	O
S	L	O	N	B	N	N	A	M	E	Y	L	N
B	R	N	K	A	C	C	E	P	T	A	O	S
G	M	E	J	A	K	K	T	G	X	J	P	Z





1. Walk home from school with a _____.
2. If you act in a mature manner, you are _____.
3. If a stranger tries to talk to you just walk _____.
4. If a stranger wants to know how to get somewhere, do not give _____.
5. Never get into a stranger's _____.
6. Someone you don't know very well is a _____.
7. Don't let yourself be _____ by a stranger.
8. Stay away from empty alleys or empty _____.
9. Never let a stranger in your _____.
10. Keep eyes and _____ open at all times.
11. Never _____ treats of any kind from a stranger.
12. When something bothers you, always tell your _____.
13. If a stranger grabs you, _____.
14. If a stranger tries to have a conversation with you, do not _____.
15. Do not wear clothes or carry bags with your _____ on them.
16. Never tell a stranger that you are home _____.



Answers:
1.friend 2.responsible 3.away 4.directions 5.car 6.stranger 7.tricked 8.buildings 9.house 10.ears
11.accept 12.parents 13.scream 14.talk 15.name 16.alone

IS YOUR HOME SAFE ?

Take a tour of your home with your family using the "Safe Home Check List" to find any safety hazards. Plan with your family to correct any problems.



SAFE HOME CHECK LIST. DO THIS CHECKLIST WITH YOUR FAMILY. CORRECT ALL HOME HAZARDS.



Yes

No

1. Locks

When you moved into your house or apartment, did your parents re-key the locks? (This means to change the code inside the lock and get a new set of keys for the locks.)

Does your front door have a peephole so you can see who is at the door?

If you have sliding glass doors, do you have a strong secondary lock for them? (This could be a metal or wooden bar that fits the sliding track.)

Does your house or apartment have strong, secure locks on all doors and windows?

Will your locks withstand force? (Will they be strong enough in case someone pushes forcefully against the doors?)

Do your entrance doors have a night chain?

2. Locking Habits

Do you lock all windows and doors when you leave your home, even for a short time?

Yes

No

Do you lock the garage door, if you have one?

If your apartment windows open on a fire escape, balcony or ground floor, do you lock all windows when you go to bed?

Do you lock the front door when you are playing in the back of your house?

Do you lock the windows and doors when you're alone in the house or apartment?

3. Keys

Have you given a trusted neighbor a spare key or have you discussed a plan, in case your key is lost?

Do you know where to find the keys that unlock the doors and window locks in your house? Do you know how to use them?

If you're responsible for your own house key, do you keep your key in a safe hidden place (around your neck, under your clothing or in your pocket)?

4. Landscape

Are the bushes near your doors and windows trimmed so intruders can't hide behind them?

Do you keep bicycles, tools, lawn mowers or other valuable items in a safe, locked, out-of-sight place?

Yes

No

5. Living Room

Do you keep electrical circuits from being overloaded ?

Do you get rid of electrical cords that are frayed ?

If you have a fireplace screen, is it large enough to cover fireplace opening?

Has your chimney flue been cleaned regularly ?

Are scatter rugs skid-proof ?

6. Bedroom

Do all family members know not to smoke in bed?

Is there a light switch within reach of the bed?

Are closet shelves organized so things won't fall on you?

7. Kitchen

Are potholders kept accessible to the stove?
Never use a dish towel to pick up hot items.

Are all dangerous cleaning substances such as bleach and ammonia out of reach of children?

Are sharp knives and utensils put out of reach ?

Yes

No

8. Bathroom

Do you have a nightlight?

Are all medicines labeled and put safely out of reach?

Are bathtubs skidproofed ?

Are electrical appliances kept away from water?

Do doors have locks that can be opened from the outside in case of emergency ?

9. Basement

Are paint rags or oily rags thrown away? They could become a fire hazard.

Are basement stairs well lighted and free of clutter ?

Are gasoline and other flammable liquids stored in metal containers outside the home.

Are washing machines, dryers, power tools, etc. properly grounded ?

10. Garage

Is power equipment safely stored and is gasoline kept in an approved container, out of children's reach ?



Can You Spot The Hazard

Circle the home safety hazards.



WHAT IS AN EMERGENCY?

An **EMERGENCY** is:

- A dangerous situation such as a fire, flood, hurricane, or gas leak
- A serious accident such as broken bone, heavy bleeding, unconsciousness
- A life threatening illness such as an asthma attack or allergic reaction

Let's call these Maxi-Emergencies!



An **EMERGENCY** is not

- Losing your homework
- Fighting with your brother or sister
- Spilling a glass of milk

Let's call these Non-Emergencies!



Problems come up that you can solve yourself. Problems such as...

- Overflowing toilet
- Faucet that won't shut off
- Minor first-aid problems such as nosebleeds, minor scrapes, insect bites.
- Electricity goes off.

Let's call these Mini-Emergencies!



MAKE A CHOICE !

Read the situation and choose:

Maxi-Emergency

Mini-Emergency

Non-Emergency

Circle Maxi, Mini, or Non Emergency.

1. You cut your finger on a piece of glass and the bleeding is under control.

Maxi

Mini

Non

2. Your brother was playing with matches in your house and the trash can caught on fire.

Maxi

Mini

Non

3. You came in the house after school and smelled gas. You checked the stove burners and they are all off.

Maxi

Mini

Non

4. Your older sister went upstairs to take a bath about a half hour ago. You just looked up at the ceiling and saw water dripping out of the light fixture.

Maxi

Mini

Non

5. You had a horrible fight with your brother and locked him out of the house. Now he is banging on the window and you are afraid he will break it.

Maxi

Mini

Non

6. Your sister was eating a ham sandwich and suddenly she had trouble breathing. She's on the floor, red in the face and gasping for air.

Maxi

Mini

Non

7. You are watching T.V. and across the bottom of the screen comes a weather watch message that says there is a hurricane warning for your area.

Maxi

Mini

Non

Maxi-Emergency

Mini-Emergency

Non-Emergency

8. You cannot find your allowance money.

Maxi

Mini

Non

9. On your way home a teenager follows you to your house. You do not talk to him but he is still outside watching the house after you get inside.

Maxi

Mini

Non

10. You fall against the corner of a toy and get a bad cut on your knee. It is bleeding a lot. You can't get the blood to stop.

Maxi

Mini

Non

☘ DO YOU KNOW WHAT TO DO IN EACH SITUATION?

☘ TALK ABOUT WHAT TO DO WITH YOUR FAMILY.

☘ TRY PLAY ACTING THE SOLUTION TO THESE SITUATIONS WITH FRIENDS.



EMERGENCY KIT FOR YOUR HOME

There may be times when the power goes out or there is a weather emergency, and it would be good if you were ready with an emergency kit. Being prepared means feeling secure.

What will you put these things in? A box? A tin? A plastic container?

Where will you keep it? In the hall closet? In a kitchen cabinet?

Make these decisions with your family!



INCLUDE THESE IN YOUR EMERGENCY KIT

Match the item with its use.

- | | |
|---|-------------------------------|
| 1. Flashlight | To drink |
| 2. Battery powered radio | To write down information |
| 3. List of emergency numbers | In case of injury |
| 4. List of emergency procedures | To listen to weather news |
| 5. An extra door key | To eat |
| 6. Wrapped food that needs no refrigeration | To call for help |
| 7. Bottled water | In case lights go out |
| 8. Paper, pen, pencil | In case you forget what to do |
| 9. First aid kit | For flashlight and radio |
| 10 Extra batteries | In case you lose your key |

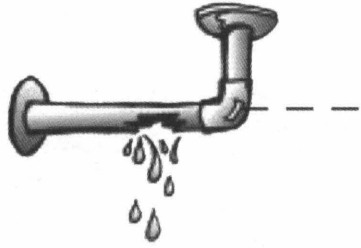


Be Ready For Anything !

Match the problem with the answer.

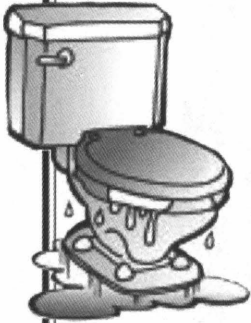


Pipe breaks



Turn off the water in your house, find the valve (your parent has shown you where it is), and turn it to the right.

Toilet overflows



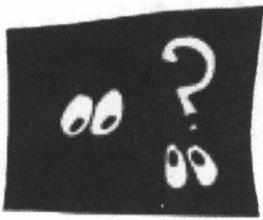
Put shoes on, sweep glass into corner, cover window with cardboard, call parents.

A light bulb burns out



Get out of the house, call 911.

Electricity goes off



Do not change the bulb. Turn on another lamp. Changing a bulb has electrical danger.

You smell gas



Shut off the water to the toilet, try to unstop it with a plunger, turn on water, flush. If not ok, turn off water and wait for help.

Broken glass or window



Call parents if phone is working. Never light candles—use flashlight.

Faucet leaks



Report this to your parents when they return home.

FIRE PREVENTION RULES

When you're home alone, follow these fire prevention rules:

1. Follow family rules for using appliances.
2. Have a fire extinguisher in your home.
3. Have a smoke detector on each floor. Test smoke detector regularly to make sure it is working.
4. Never play with matches.
5. Don't overload electrical outlets and extension cords.
6. Make a family fire escape plan. Plan at least two routes out of the house.
7. Have a collapsible fire escape ladder for upstairs.
8. Be prepared. Take a fire prevention class.

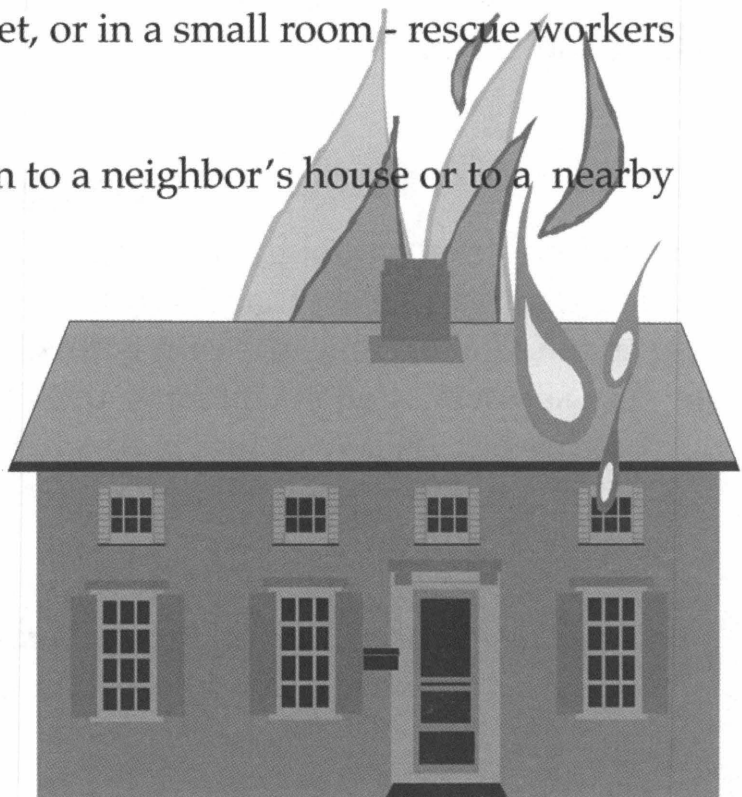


**Talk about these pages with your family.*

IN CASE OF FIRE

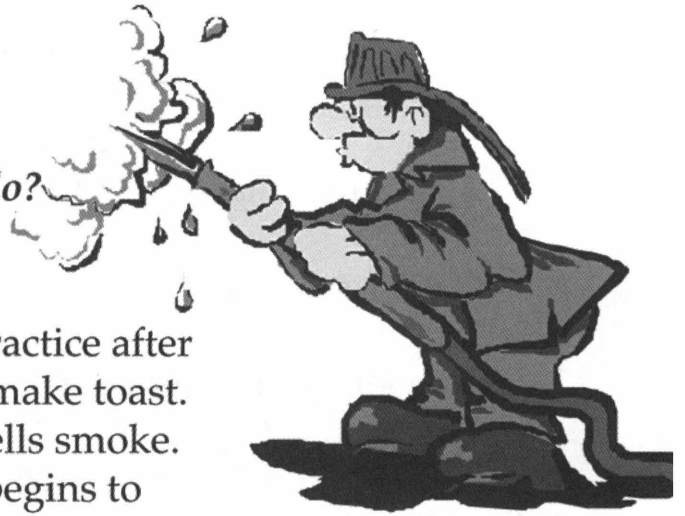
1. Get out immediately - Never go back into a burning building!
2. Call 911 or 0 for help from a neighbor's phone.
3. Call to tell your parents from a neighbor's phone.
4. Stop, drop and roll if your clothing catches on fire.
Smother the flames by wrapping up in a blanket or clothes.
Get medical help immediately.
5. If there's smoke, crawl on your hands and knees to an exit.
6. Feel doors before opening. If door feels hot, do not open it - find another way to escape.
7. If you are trapped in a room, stuff a towel or clothing under the door to keep the smoke from coming in, then open window and shout for help.
8. Don't hide under a bed, in a closet, or in a small room - rescue workers will have trouble finding you.
9. Once you're out of the house, run to a neighbor's house or to a nearby telephone.
10. Dial 911 or 0 for help.
11. Call to alert your parents.

**GET OUT
STAY OUT
GET HELP**



Fire Safety Stories

Read these stories. Do you know what to do?



STORY 1

Jim has just returned home from baseball practice after school. He is really hungry and decides to make toast. He goes to watch something on TV and smells smoke. Flames are shooting out of the toaster! He begins to panic.

What should Jim do next?

STORY 2

Tina got home from school as usual. She was alone and went into her bedroom to look at the beautiful candle she had bought for her Mom's birthday. Tina wondered how it would look lit. She sat the candle on her bed, got some matches (even though she had been told not to play with matches), and lit the candle. Just then the phone rang! She ran to answer the phone leaving the lit candle. The blanket on the bed was close to the flame and began to burn. When Tina returns, her bed is in flames!

What should Tina do next?

STORY 3

Ben is alone after school in his home. A storm comes up and Ben hears all about the rain and sleet that is falling. His Dad calls to say he is going to be later than usual because the rain is turning to freezing rain and the roads are very slippery. Ben is watching the TV weather reports but suddenly the power goes out. A power line is down, it has hit a tree limb, and Ben sees fire running along the wire that goes from his house to the neighbor's.

What should Ben do?

In all of these stories, the children should get out of the house immediately and use a neighbor's phone to dial 911 for help.

Family Fire Escape Plan

Directions:

Draw the room, halls, windows, and doors for each floor of your home. Decide with your family the best way to escape from all places in your home in case of fire.



Third floor fire escape route

Second floor fire escape route

Where will you meet outside?

First floor fire escape route

FIRE PREVENTION PUZZLE



Directions: Read each sentence. Fill in the blank with a word that completes the fire prevention rule. Circle these words in the word search. Look up, down, and across.



T	J	P	R	E	I	C	R	K	P	G	T	A	C
F	I	F	L	X	G	A	N	A	M	T	S	R	N
T	R	O	U	T	E	L	X	I	R	B	M	C	I
L	O	D	R	I	L	L	F	G	S	A	A	L	A
A	P	L	A	N	S	D	E	T	E	C	T	O	R
R	J	N	T	G	R	E	O	T	N	K	C	S	U
C	R	A	S	U	T	S	T	O	P	N	H	E	N
K	L	O	M	I	C	R	O	W	A	V	E	T	C
M	J	A	N	S	R	N	A	D	L	M	S	O	A
T	G	U	R	H	A	I	S	R	I	B	S	K	P
X	L	N	T	E	W	S	T	O	V	E	P	G	T
Z	M	A	G	R	L	J	E	P	U	T	T	A	N
P	S	M	O	T	H	E	R	M	F	E	C	J	O
A	N	R	G	Q	A	N	T	O	G	P	A	N	K

1. Never use the _____, _____, _____ or any appliance unless your parents say you are ready.
2. Keep a fire _____ in your home. Know how to use it.
3. A smoke _____ belongs on each level of your home. Test every 6 months.
4. No playing with _____.
5. If you catch on fire, _____, _____, and roll.
6. If you can, wrap yourself in something to _____ the flames.
7. Don't hide in a _____ or small room. Rescue workers will have trouble finding you.
8. Never go _____ into a burning building.
9. Make a fire escape _____ with your family.
10. If there's smoke in the room, _____ to safety.
11. Have a fire _____ at least once a year.
12. If a door is hot, find another escape _____.
13. _____ for help as soon as you are outside.



Answers: microwave, toaster, stove, extinguisher, detector, matches, stop, drop, smother, closet, back, plan, crawl, drill, route, call

THE MEDICAL EMERGENCY

WHEN TO CALL 911 IN A MEDICAL EMERGENCY

Call 911 if...

1. A person is bleeding heavily
2. A person stops breathing
3. A person has swallowed poison
4. A person is badly burned
5. A person has a broken bone
6. A person has great pain in some part of the body.
7. A person is unconscious



**REMEMBER YOUR A.B.C.'s FOR A SERIOUS
MEDICAL EMERGENCY
BE PREPARED TO TAKE ACTION !**

STAY CALM !

A - Airways - Check to see if person is unconscious and not breathing.

B - Bleeding - Check the victim for bleeding.

C - Call - 911 for emergency help.

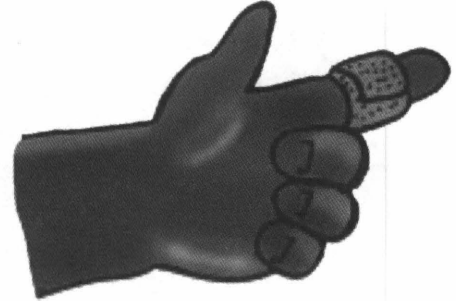
STAY CALM !!!

FIRST AID RULES

WHAT DO I DO?

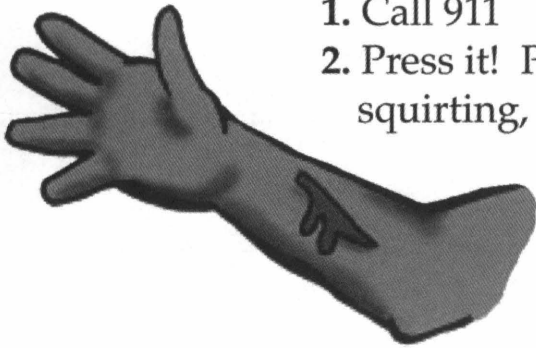
Small Cuts

1. Press it! Press down on cut if it is still bleeding. If bleeding doesn't stop in 5 minutes call for help.
2. Clean it! Use water and clean cloth or towel.
3. Bandage it! When bleeding stops, put on bandage to keep cut clean.



Large Cuts

1. Call 911
2. Press it! Press to stop bleeding. If blood is gushing or squirting, hold the towel in place and do not remove it.
3. Lift it! Keep injured area higher than the chest if possible.



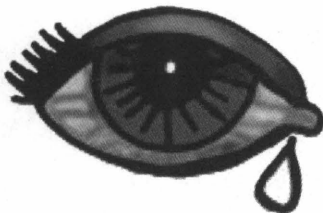
Nosebleed

1. Pinch ! Pinch soft part of nose for 10 minutes and put head forward.
2. If still bleeding, pinch for 5 more minutes.



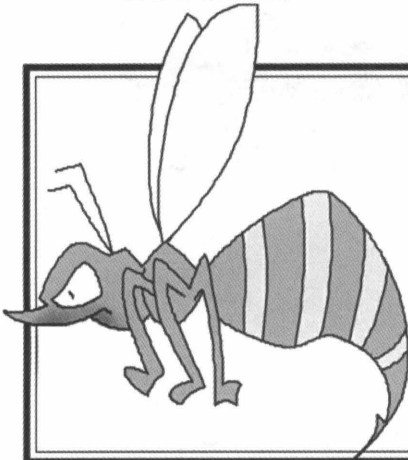
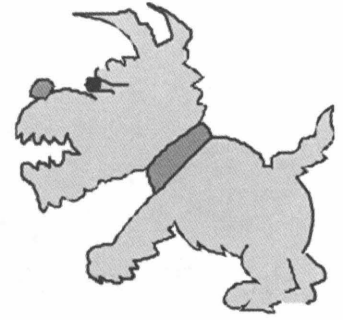
Eye

1. Don't rub eye! If something is in the eye, rubbing can scratch it.
2. Pull eyelid out over lower lid and blink.
3. Flush eye with water.
4. If a chemical is in the eye, quickly rinse eye for 15 minutes, get help.



Animal Bites

1. Wash area with soap and water.
2. Stop the bleeding.
3. Call your parent or a trusted adult immediately and tell them what happened, where you were, and what the animal looked like. Your parent will try to find the animal to make sure this animal has had shots.



Bug Bites and Stings

1. If allergic to bug bites, call for help immediately.
2. If the stinger is left in, remove by scraping gently with fingernail. Do not squeeze. Do not pull out.
3. Wash with soap and water.
4. Soothe pain with ice or cold packs.

Burns

For a 1st degree burn (skin only reddened) and a small 2nd degree burn (skin reddened with blisters) do this:

1. Cool the burn. Soak in cool water or place a cloth that has been soaked in cool water on a body part that can't be soaked. Do this until the pain stops.
2. Do not break open blisters.
3. Bandage the area loosely.

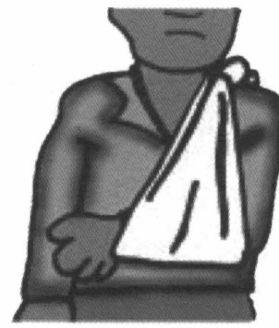
For a 3rd degree burn (skin burned away) do not put in cool water. The burn could become infected. Call for help right away.

Do this for a chemical burn:

1. Call 911
2. Flush the burned area with large amounts of cool water
3. Remove clothes and jewelry that may trap the chemicals against the skin.

Broken Bones

1. Do not move the bone.
2. Call for help immediately.



Feeling Faint

1. Lie down and rest for at least 15 minutes, or
2. Bend over with head at knee level.

Poisoning

1. Call 911 immediately
2. Try to find the box or bottle containing the poison, because the label may tell what to do in case of poisoning. It will also help the doctor to know the poison taken.



Breathing - Person is not breathing

1. CALL 911
 - A person can stop breathing because of electric shock, choking, being under water too long or because he or she was caught in the smoke from a fire. It is good to know artificial respiration to open the airway.

You can take a class to learn this.

A person who has stopped breathing needs help right away.
Call 911 immediately.

Stay Calm!

CHOKING

1. Ask the person, "Can you talk?"
2. Encourage person to cough.
3. If the person has trouble breathing, or talking, or is grasping at their throat, **CALL 911**

If you are choking use the universal sign for choking. This sign is holding your hand to your throat.



If you are interested in learning more about first aid or CPR, contact your local health department or American Red Cross.

All first aid information is accepted by The American Red Cross.

Special Note:

Use rubber gloves to prevent any possible disease from spreading. Avoid contact with body fluids, such as blood, whenever possible. Keep a clean cloth between you and the hurt person's blood. Wash your hands with soap and water immediately before and after giving care. Do not eat, drink, or touch your mouth, nose, or eyes when giving first aid. Do not touch objects soiled with blood, mucus, or other body substances. Always give first aid in a way to protect yourself and the hurt person from a disease that could spread.

MAKE A FIRST AID KIT

Every home should have a first aid kit filled with basic medical supplies. When a medical need arises, you will be ready! Your family may want to assemble this kit together or purchase one. Always keep the kit in one location where those in charge can easily locate it.

Here are some of the items you will want to include:

- ✿ Adhesive bandages - various sizes and shapes to cover small cuts
- ✿ Soap - to clean wounds
- ✿ Antiseptics - to clean and disinfect cuts and scratches
- ✿ Sterile gauze pads - various sizes and shapes to cover large cuts
- ✿ Sterile cotton - to clean wounds or apply antiseptics
- ✿ Adhesive tape - to hold gauze pads in place
- ✿ Rubber gloves - to be worn in the case of an open wound.

You may also want to include:

- **tweezers** - to remove splinters
- **thermometer** - to take temperature
- **ice bag** - to soothe pain
- **Syrup of Ipecac** - to induce vomiting

(do not use Syrup of Ipecac without calling Poison Control OR get a parent's permission)

- **blunt scissors** - to cut bandages

You might want to make a kit for the car, too!

A zip lock bag or box will work for the kit.

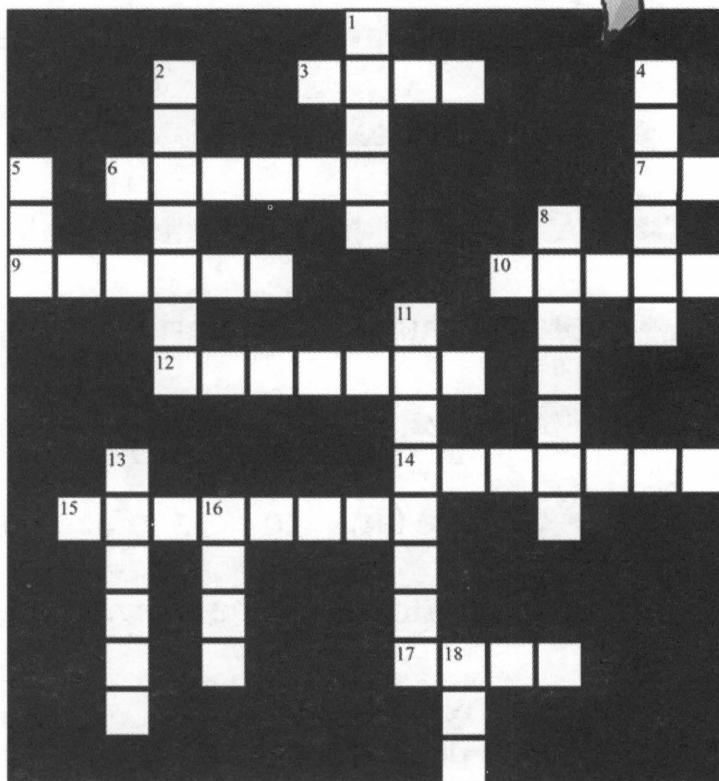


SAFETY AND FIRST AID CROSSWORD PUZZLE

Directions: Fill in the blanks with words that complete the safety and first aid rules. Write the answers in the crossword puzzle.

ACROSS:

3. Stepping on a _____ causes a puncture wound which may require a tetanus shot.
6. Keep syrup of Ipecac and the number of the _____ Control Center for emergencies.
7. A good time to watch this is when your homework is done, but be careful not to sit too close.
9. This black and blue mark is best treated with ice or cold compresses.
10. Use clean _____ to wash out a wound.
12. If you are in an emergency situation, you should _____ from an adult as soon as possible.
14. When your parents arrive home in the _____, help them relax and then share your day with them.
15. It is important to know how to administer _____ properly when someone needs help.
17. Do not _____ small children objects that they can swallow.



DOWN:

1. Overheating will sometimes cause a person to _____.
2. If a person gets food caught in his airway, it may cause _____.
4. Do not put _____ on a burn because it might cause an infection.
5. Be careful not to slip in the _____ when you are taking a bath.
8. _____ down steps can cause serious injury. Be careful to remove any objects.
11. The second part of the abc's of an emergency is to control any _____.
13. The first part of the abc's of an emergency is to check the _____.
16. Better to be _____ than sorry!
18. This is good in drinks, but can be dangerous to walk on.



Answer Key: Across: 3. nail 6. poison 7. TV 9. bruise 10. water 12. get help 14. evening 15. first aid 17. give 18. ice
Down: 1. faint 2. choking 4. butter 5. tub 8. falling 11. bleeding 13. airway 16. safe

WEATHER EMERGENCIES

You are home alone and the T.V. announces bad weather is coming your way. Parents may be unable to return home on time. What do you do? Be prepared!



THUNDERSTORMS, HURRICANES, TORNADOS

Thunderstorms, hurricanes and tornados can bring strong winds and lightning that can cause damage. Know how to keep yourself safe.

BE SAFE - Do This:

1. Stay in the house. If it is a tornado watch, go to the basement if you have one. If you don't, go to an interior bathroom, closet, or hallway.
2. Stay away from windows - windows can blow in and shatter glass.
3. Keep an emergency kit close by. Be ready with your flashlight or battery powered radio in case of power failure.
4. Stay away from things that use electricity. Turn off the TV!
5. Stay away from water. It can conduct electricity. Do not take a bath or shower.
6. Don't use the telephone unless it is an emergency.
7. Stay away from anything metal - faucets, tools, sinks,
8. Stay calm.
9. Put shoes on in case there is broken glass, to exit the house quickly.

WINTER STORM WATCH

You hear on the radio or TV there is a winter storm watch. There may be heavy snow, blizzards, freezing rain, ice, or sleet.

BE SAFE - Do This:

1. Stay in the house.
2. Keep your emergency kit close by. Be ready with your battery powered radio, bottled water, and canned food and can opener
3. Stay calm.

HOW DO YOU FEEL WHEN YOU'RE HOME ALONE?

When you are home alone, you will have feelings and thoughts you will need to express to your parents. Learn how to communicate your feelings. Your parents love you and need to know what you're thinking and feeling.



FINISH THESE SENTENCES:

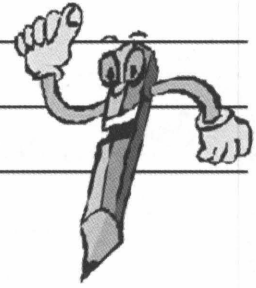
I often worry about _____

I feel nervous when _____

It really bothers me when _____

I wish my parents would _____

When I feel tense, nervous or worried I can tell because I ...



Check the ones that apply to you:

cry

eat too much

feel sick

hit or slap people

bite my nails

fight with people

get a headache

feel sweaty

can't sleep

feel flushed

yell

throw things

other (explain) _____

I feel lonely at home when _____

I get very angry when _____

It's nice to know I can always count on _____

I feel best when other people _____

I feel bored when I _____

When I want to relax I _____

I feel sad when _____

I get scared when _____

** Show this page to your parents. Let them complete the sentences for themselves. It is a good page to help you share some of your feelings with them.*



**Remember, this information is for you and your family.*

ARE YOU EVER LONELY?

Sometimes you might feel lonely. You're not the only one. Everyone feels lonely sometimes. Share your feelings of loneliness with your family.

<p>I am lonely when</p> <hr/> <hr/> <hr/> <hr/>	<p>I try to get rid of my loneliness by</p> <hr/> <hr/> <hr/> <hr/>
<p>When I am by myself, I like to</p> <hr/> <hr/> <hr/> <hr/>	<p>When I am with others, I like to</p> <hr/> <hr/> <hr/> <hr/>

Read the secret message

Decode the message by using the decoding grid to break the code. Each set of two numbers stand for a letter. For example, 31 stands for Y because #3 of the row number and #1 of the column number meet at the same letter Y. Write the letter below the number

	1	2	3	4
1	V	D	U	T
2	R	O	B	E
3	Y	H	N	L
4	W	G	A	P

31 22 13 12 22 33 14 32 43 11 24 14 22

 23 24 34 22 33 24 34 31 41 32 24 33

 31 22 13 43 21 24 43 34 22 33 24.



ARE YOU EVER BORED ?

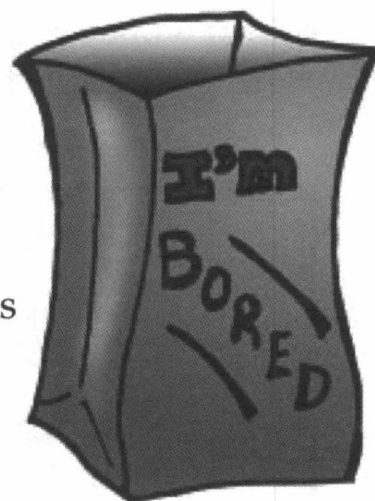
Sometimes you think you're lonely, but you could be just bored. Can you make choices of activities you can do during your time alone? If you keep busy, you won't be bored. You will be a very interesting person with lots of things to do.

MAKE AN "I'M BORED BAG!"

Write ideas of fun things to do on pieces of paper. Put all the pieces of paper in a decorated bag with the title "I'm Bored" on the front. When you're ready to say, "I'm bored," pull out an idea and have fun.

Here are some ideas:

1. Read a book.
2. Read a magazine
3. Play a game - board game, cards
4. Make a gift for someone
5. Make a scrapbook of souvenirs, postcards, or pictures
6. Make a tape of noises you hear in your house.
7. Write a letter to a friend.
8. Make up a funny song using a familiar tune.
9. Plan a dinner for a President.
10. Make a puppet from a bag, sock, glove, or scraps of material.
11. Do a puzzle - word search, crossword puzzle
12. Make your own greeting cards - birthday, anniversary, holiday
13. Start a diary or write in your diary.
14. Write a note in secret code.
15. Design your dream house.
16. Make a simple snack or appetizer for dinner.
17. Plan a vacation to the place of your dreams.
18. Do a favor or chore for someone.
19. Exercise - jog, sit ups, jumping jacks, dancing to favorite music
20. Listen to music
21. Work on a hobby - sewing, needlework, models, stamp collection, sports card collection



Think of more things you like to do!

DO YOU PLAN FOR YOUR TIME ALONE?

If you are in self-care, it helps to make a plan for your time alone. You will become an organized person who gets many things accomplished if you learn how to manage your time. If you are alone before school, you will want to make a "before school plan." If you are in self-care after school, you will want to make an "after school plan."

PLAN A DAILY SCHEDULE

Some things on your schedule will be things you must do, like chores and homework. Some will be things you choose to do, like your hobbies. Some things will be part of your daily routine. Some things will change each day. Here is a sample schedule.

Day: _____ Time: From _____ to _____

Things To Do	Time Needed	Clock Time



Things I Want To Tell Mom or Dad: _____

Things I Need To Know: _____

Problems I Had Today: _____

How I Felt Today: *Happy* *Lonely* *Interested* *Angry* *Scared*
Excited *Proud* *Upset* *Other* _____

Why I Felt This Way: _____



**Show this sample schedule plan to your parents and make one together for your day.*

DO YOU HAVE FEARS AND WORRIES ?

It is normal to have fears and worries. Sometimes having fear is helpful, because it lets you know when something is unsafe in your world and you need to take action. Sometimes your fear is just a worry that will not happen. Always talk to your parents about your fears and worries, so you can get help with real fears and put imaginary fears out of your mind.

IF YOU ARE HOME ALONE AND BECOME FRIGHTENED, DO THIS:



If the fear is real, and you are in danger . . . Act as quickly and calmly as possible (call a neighbor or police, go to a neighbor's house).



If the fear is a real possibility . . . Do what you can to prevent it from happening.



If the fear is about something that is unlikely to happen . . . Talk about it with your parents, a helpful adult or a trusted friend. Try to find out why you feel that way.

Here are some suggestions to help you feel less frightened when you are home alone...

1. Learn how to take the very best care of yourself.
2. Learn to know the noises in your home that are normal noises.
3. Know who you can phone when you feel worried or scared.
4. Keep busy to take your mind off your worries.
5. Don't watch scary TV shows.
6. Walk through your home when you first get home to look over the places that frighten or scare you when it becomes dark.

WORKING TOGETHER TO BUILD A STRONG FAMILY!

When a child begins to stay home alone, this is a change for a family. Families that work together find it is easier to cope with changes, good times, and difficult times. There are things family members can do to make their family as strong as possible.

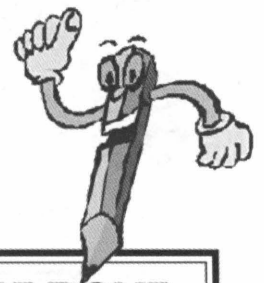
FAMILIES SHARE THE WORK!

Being a part of a family means cooperating together and sharing responsibilities. There is so much that needs to be done to keep a family's life running smoothly. If your parents work, and you are in self-care, you will probably help with family chores. Everyone needs to do their share of the work, so there is time for family fun.

Why don't you and your family make a schedule for family chores together. This would be a good topic for a family meeting!

CHORES

Who does the chores? Enter the names of your family members and the chores they do.



NAME	CHORE	WHEN CHORE IS TO BE DONE



**Remember, this information is for you and your family!*

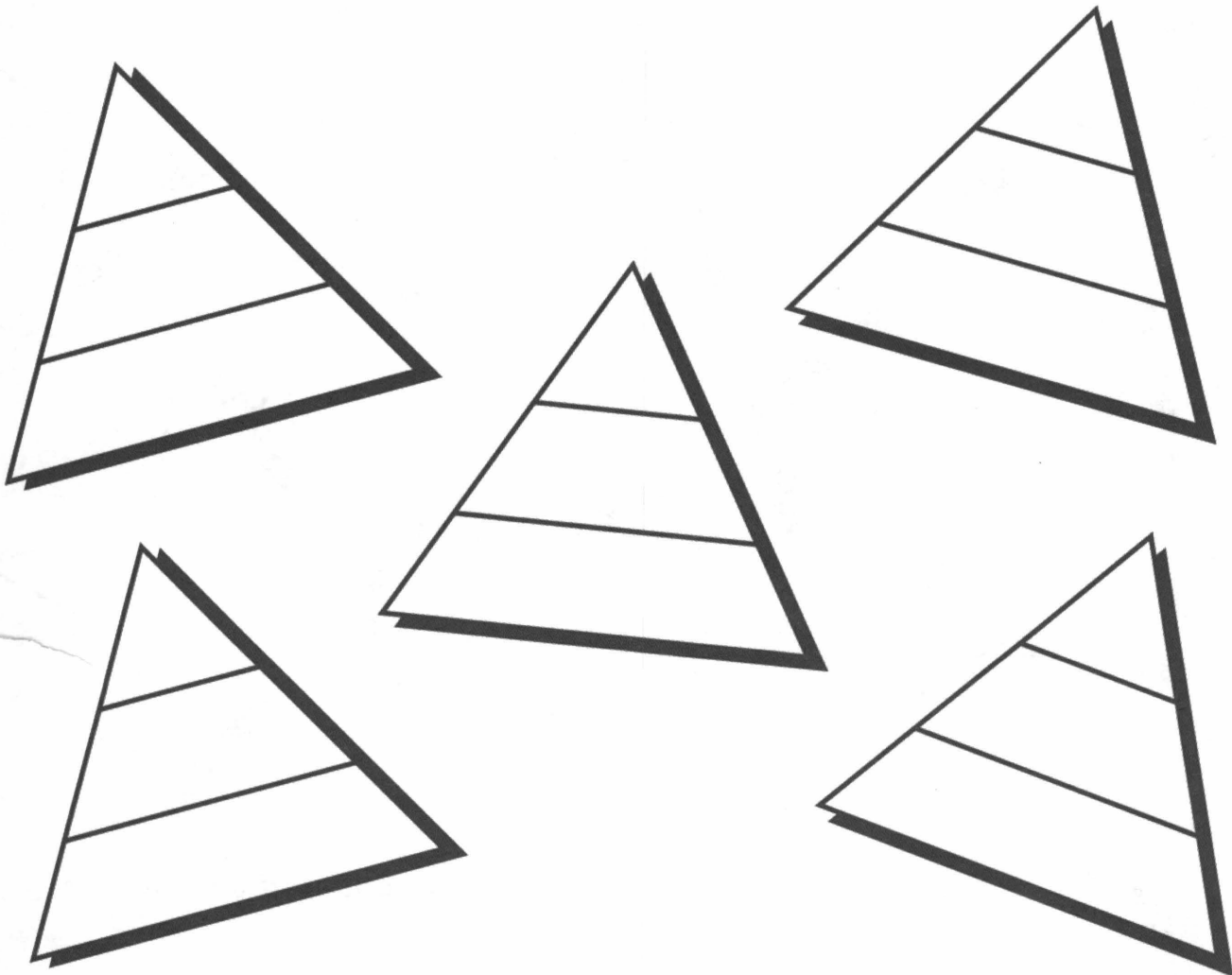
WORKING TOGETHER TO BUILD A STRONG FAMILY!

Staying home alone is a big responsibility. Taking on a responsibility like this is easier when family members treat each other in a positive way.

Remember, Each Family Member Is Special!

It is important to notice what makes each member of your family special. What does each member do well? How do they make positive contributions to your family?

Put each family member's name in the middle of a triangle. Write something that is special about that person in the other spaces of the triangle.



It Is Important For Each Family Member To Have Self-Confidence!

You are special! It is always important to remember that. What do you like about yourself?

No one else can take your place in your family. You are a star family member. Write your good qualities on the stars. Think positive thoughts! Think to yourself - "I like myself!"



**Remember, this information is for you and your family!*

FAMILIES APPRECIATE EACH OTHER !

Families need to tell each other how much they are appreciated. Tell the members of your family when they do something well or when they are especially nice to you.

Write a note of appreciation to a family member.

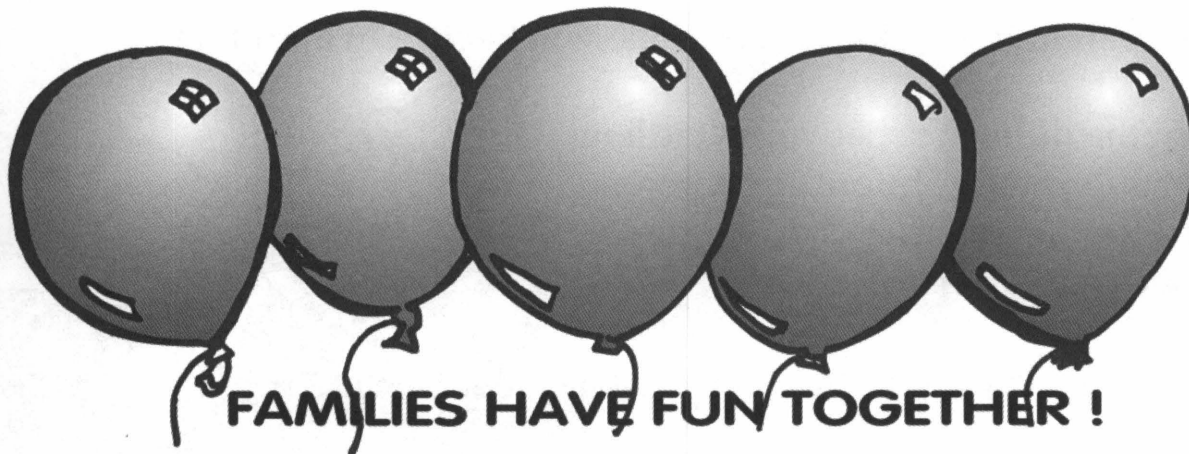


FAMILIES ENCOURAGE AND SUPPORT EACH OTHER



When a family member goes through changes and new experiences, other members of the family can give lots of encouragement and support.

What are some good words to communicate encouragement and support to a parent?



When families take the time to do family activities together, they build great relationships. It is fun to go places, play games, tell stories, talk, and laugh together as a family.

List your family fun activities on the balloons.



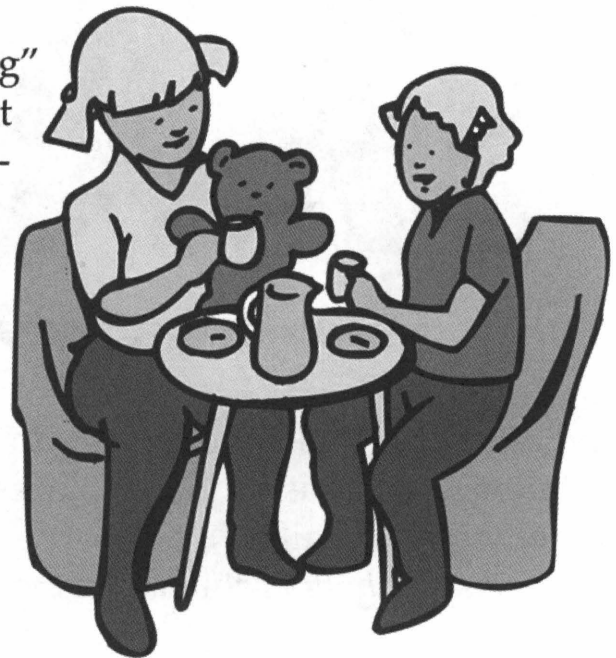
**Remember, this information is for you and your family!*

BROTHERS AND SISTERS

Your parents may leave you at home with your brothers and sisters. Your family will need to make family rules about this situation.

Below are some suggestions for rules:

1. Your family will decide if...
 - Each child will be responsible for himself or herself while home alone.
 - One child will be in charge of the other brothers and/or sisters.
2. Have a "time-out" spot for each child in the house. If there is a problem between children, each child can go to his or her "time-out" spot to be alone for a while and calm down.
3. Can't settle a problem? Wait until your parents get home to discuss it.
4. Call a parent if it looks like someone will be hurt in a conflict.
5. Learn the difference between "tattling" and "informing." Informing a parent that a brother or sister is doing something dangerous is necessary.



**Remember, this information is for you and your family!*

HOW WILL YOU GET ALONG WITH YOUR BROTHERS AND SISTERS WHEN NO ADULT IS HOME?

LEARN THE STEPS TO RESPONSIBLE PROBLEM SOLVING

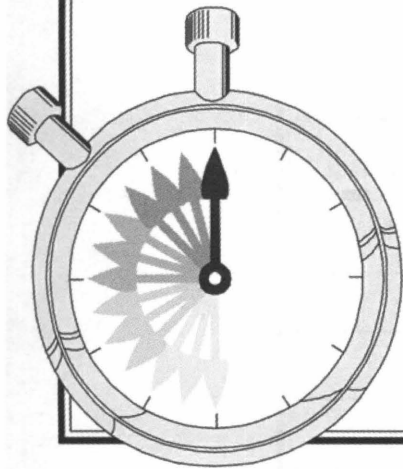
Remember the letters **PLAY**! Solve the problem and get back to **PLAY**!

P is for problem. State the problem. Decide- Is this really a problem?

L is for listen. Listen to everyone's side of the problem.

A is for agree. Agree, if you can, on possible solutions to the problem. Try a solution.

Y is for yellow light. A yellow light means wait and take a time-out, if you can't agree on a solution. If you still can't agree after a time-out, an adult may need to help solve the problem.



WHAT DOES A TIME-OUT DO?

A time-out is leaving the problem alone for a time so all the persons involved have a chance to cool down. When everyone is feeling calmer, it will be easier to solve the problem.



**Remember to share this information with your family.*

SOLVING THE PROBLEM!

BREAK THE CODE: Use the code below to read good advice about solving a problem.



Write the letters below the code.



:] % ! { { [\ { [* ! " %

@ % & ! < * \ [^ \ [! | ; [~

^ % % + * | ;]

		The Secret Code			
A	!	J	(S	l
B	@	K)	T	"
C	#	L	+	U	:
D	\$	M	=	V	<
E	%	N		W	>
F	^	O	\	X	?
G	;	P	{	Y	~
H	&	Q	}	Z	.
I	*	R	[

BROTHERS AND SISTERS

Maybe you have a younger brother or sister. You may be asked to babysit or be home alone with that brother or sister. Here is some typical behavior of younger children.

YOUNG CHILDREN LIKE TO BE:



Curious
Independent
Physically Active
Imaginative
Repetitive
Loved and Secure



- ❁ Curious - exploring, getting into things, questioning.
- ❁ Independent - want to do things themselves.
- ❁ Physically active- noisy, climb, run, jump.
- ❁ Imaginative - tell stories, pretend.
- ❁ Repetitive - hear the same story, sing familiar songs, play familiar games, maintain a routine.
- ❁ Loved and Secure - favorite toy, play near older child or adult, light on and door open



KEEP BROTHERS AND SISTERS HAPPY AND OUT OF MISCHIEF AND DANGER !



Talk and play with them.



Don't boss.



Remove dangers, if possible, rather than correcting the child over and over.

Allow the child to do things for himself, to explore, to question, to finish activities.



Allow the child to make mistakes, if there will be no harm.

Don't punish for spills or accidents.



WHAT IS A FRIEND?

When you are home alone, you may become lonely and need to talk to a friend. How will you choose your friends and how can you be a good friend?

Circle 6 qualities you feel are the most needed in a friend.

humor patience kindness generosity acceptance

loyalty trust wealth

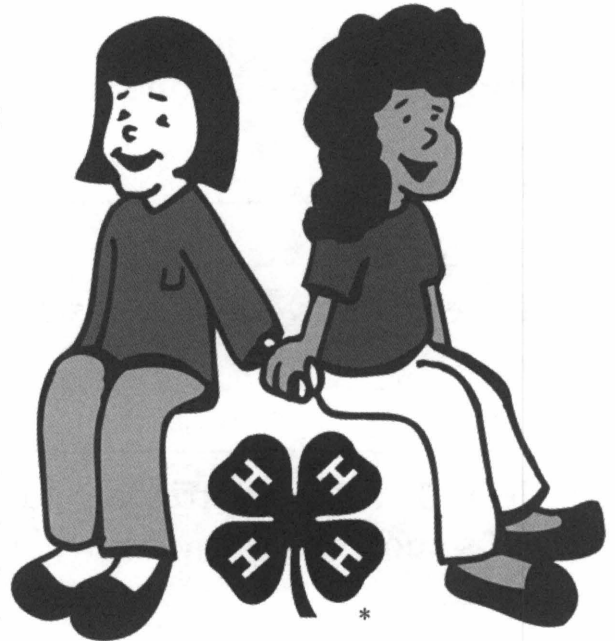
good looks thoughtfulness

availability dependability support

honesty flexibility

Name 5 qualities you have that make you a good friend.

1. _____
2. _____
3. _____
4. _____
5. _____



REMEMBER: TO HAVE A GOOD FRIEND, BE A GOOD FRIEND!

COMPLETE THE STATEMENTS:

A Friend Is...

A Friend Is Not..

FRIENDS

What is your family rule about having friends over when no adult is home?

Your family rule may say: No friends are allowed to visit when children are home without an adult. Or your family rule may say: There are certain friends you may have over to visit when you are home alone.

If your parents do let friends come over, there are a few rules you should follow:



Rule 1: Have only one friend in the house at a time.

Reason: _____

Rule 2: Ask your parent's permission before you have a friend visit.

Reason: _____

Rule 3: Ask your friend's parents if their child can visit. Be sure their parents know that no adult will be at your home.

Reason _____

IMPORTANT TO REMEMBER:

WHEN YOU ARE AT A FRIEND'S HOME, FOLLOW THEIR FAMILY RULES, AND YOUR FAMILY RULES TOO, IF THOSE RULES ARE MORE STRICT.

WHEN A FRIEND IS AT YOUR HOME, YOUR FRIEND MUST FOLLOW YOUR FAMILY RULES, AND HIS OR HER FAMILY RULES TOO, IF THOSE RULES ARE MORE STRICT.

HEALTHY SNACKS WORD SEARCH

There are healthy snack ideas hidden in this word search. Circle the healthy snack words. Look up, down, across, and diagonally in both directions. Letters can be used in more than one word.

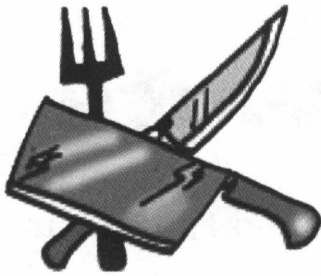
P	O	P	C	O	R	N	K	T	L	S	O	M	T	O
E	J	U	I	C	E	I	O	G	T	T	R	S	E	P
A	Y	K	L	I	M	R	R	U	B	U	A	A	K	V
N	O	T	O	L	R	M	U	F	F	I	N	L	A	P
U	G	O	C	A	Y	D	R	E	S	E	N	A	C	U
T	U	M	C	J	E	H	L	O	B	P	G	D	E	D
I	R	A	O	Q	W	P	M	Y	E	G	E	X	C	D
U	T	T	R	L	P	U	A	T	R	I	A	C	I	I
R	H	O	B	A	N	A	N	A	R	T	W	H	R	N
F	R	R	B	E	A	N	S	T	I	N	O	E	G	G
E	E	T	G	R	E	E	N	P	E	P	P	E	R	T
P	T	I	F	E	M	N	R	C	S	O	M	S	A	A
A	A	L	I	C	B	R	E	A	D	F	Z	E	P	E
R	W	L	S	B	T	O	R	H	L	N	O	L	E	M
G	R	A	H	A	M	C	R	A	C	K	E	R	S	T

- APPLE
- BANANA
- BEANS
- BERRIES
- BREAD
- BROCCOLI
- CARROT
- CEREAL
- CHEESE
- CORN
- EGG
- FISH

- GRAHAM CRACKERS
- GRAPEFRUIT
- GRAPES
- GREEN PEPPER
- JUICE
- MEAT
- MELON
- MILK
- MUFFIN
- ORANGE
- PEANUT
- PITA

- POPCORN
- PUDDING
- RICE CAKE
- SALAD
- TOMATO
- TORTILLA
- TUNA
- WATER
- YOGURT





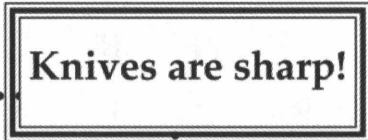
KITCHEN SAFETY

You and your family will decide family rules for kitchen use. You may learn how to cook with adult supervision, but when you are home alone, parents may say they do not want you to use electrical appliances. Talk to your family about what you can do in the kitchen when you are home alone.

As a family, you will need to decide:

1. Are you allowed to use any kitchen appliances when you are home alone?
2. If you are allowed to use some kitchen appliances, which ones?
3. What food items are you allowed to fix and eat?

Accidents Can Happen In The Kitchen! Obey These Warning Signs!



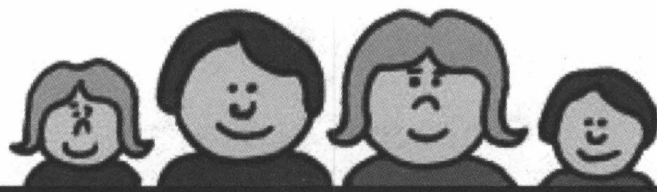
Use NO knives or only the ones your parents allow!

Stoves can cause fires
Stoves can cause burns!

What safety rules do you have for your kitchen?



** Be sure to discuss this page with your family!*



NO COOK RECIPES



These recipes involve no cooking. That means you don't have to use the oven or the stove.

GOOD COOK HINTS:

1. Wash your hands with soap and water.
2. Assemble all ingredients needed in the recipe.
3. Assemble all the kitchen utensils needed in the recipe.
4. Read through the recipe carefully.
5. Prepare the recipe.
6. Clean up your messes.
7. Put away any leftover food.
8. Eat and enjoy!

GORP

Gorp stands for "Good Old Raisins and Peanuts"

What you'll need:

1 cup peanuts

1 cup raisins

1/2 cup chocolate chips or M&Ms

What to do: Mix everything in a large bowl and store the GORP in an air-tight container.

Note: You can add other things to this recipe. Try adding small crackers, pretzels, round oat cereals, granola cereal, butterscotch chips, sunflower seeds, coconut. Use your imagination!

Celery Stuffers

What you'll need:

short stalks of celery already cut by your parent
cream cheese or peanut butter, sunflower seeds, raisins

What to do:

1. Use a butter knife to fill the hollows of the celery stalks with cream cheese or peanut butter.
2. Place the raisins and sunflower seeds on top of the cream cheese or peanut butter.
3. Eat and enjoy!

Fancy Applesauce

What you'll need:

applesauce
cinnamon
raisins

What to do:

1. Put the applesauce in a small bowl.
2. Sprinkle cinnamon on the applesauce.
3. Place the raisins on top of the applesauce.
4. Eat and enjoy!



Peanut Butter Balls

What you'll need:

1/2 cup honey
1/2 cup peanut butter
1 cup powdered milk
1 cup uncooked quick oats (not instant or regular)

What to do:

1. Mix honey, peanut butter, powdered milk, and quick oats together in a large mixing bowl.
2. Use a spoon to divide the mixture into 24 portions.
3. Use your hands to roll each portion into a ball.
4. Chill balls in the refrigerator for 30 minutes.
5. Eat and enjoy!



SUMMARY OF THE STRONG FAMILIES: COMPETENT KIDS PROGRAM



You have come to the end of the Strong Families: Competent Kids program. Read the list of topics covered in the program and check off the many things you have learned.

WHAT HAVE YOU LEARNED?

- How to have a family meeting and make family rules.
- Rules of key safety
- How and when to use the telephone when home alone.
- What to do when a stranger comes to the door.
- How to avoid danger from a stranger.
- How to have a safe home.
- How to identify an emergency.
- How to act in emergency situations.
- What to do in case of fire.
- What to do in a medical emergency.
- What to do in a weather emergency.
- How to communicate feelings about being home alone.
- How to cope with loneliness and boredom
- How to plan time when home alone.
- How to cope with fears and worries.
- How to work together as a family.
- How to get along with brothers and sisters when home alone.
- How to know a friend and be a friend.
- How to cope with peer pressure
- How to make healthy food choices.

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