



# On Your Own

## Tips for kids at home alone



October 7-13, 2002

**PLAN AHEAD** to make your after school time more fun. Here are some ideas. Of course, you'll need to talk to your parents about which activities are O.K.

1. Fix a snack that's new - how about fresh fruit dipped in vanilla yogurt.
2. Surprise the family with a fruit salad or instant pudding for dessert.
3. Start your homework now, so you'll have more time later.
4. Write a letter, story or poem. Draw a picture.
5. Spend time with your pet.
6. Read to yourself or to a brother or sister.
7. Set the table - make it really nice. Or take out the garbage.
8. Phone a friend - but don't tie up the phone too long.
9. Dance to your favourite music while no one can see.

Make a plan to help you get your chores, homework and playing done - pin it up:

<b>My After School Schedule</b>	
<b>Time</b>	<b>Activity</b>

More information for kids learning to be at home alone can be found in *On Your Own* - a workbook designed for parents or caregivers to read with children who are preparing to be at home alone. Teachers can use this information to help students develop an age-appropriate activity list for their personal use. Older children/youth can work with their teachers/parents to develop a plan that includes activities for younger siblings.

Developed by the Saskatchewan Safety Council and distributed by the Canadian Institute of Child Health, *On Your Own* discusses how to stay safe, what to do when help is needed and how to get along with siblings. Copies of *Own Your Own* can be purchased for \$7.49 (includes shipping, handling & tax) by contacting:



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