

ok or no way

a house-rules workbook

Dear Reader,

If you've read through *A Smart Girl's Guide: Staying Home Alone* and feel you're ready to be on your own, **it's time to talk to your parents!** Once everyone is comfortable with the idea, set up some house rules. Different families have different rules, and the rules may be a little stricter when your parents aren't around. **Go through this workbook with your parents** to know what to expect about what you can and can't do when you're home alone.

Your friends at American Girl





check in

Should I contact someone when I get home?

No Yes

If yes, who? And what is their phone number?

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.....

If she or he isn't available, what should I do?

Leave a message.

Contact someone else:.....

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Other notes:

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.....

hel-lo?

What should I do when the home phone rings?

Let voicemail/an answering machine pick up.

Answer it.



What do I say if someone asks for Mom or Dad?

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May I talk on the phone with my friends?

No

Yes Home phone Cell phone

If yes, is there a time limit?

If Mom or Dad is running late and I get worried, what should I do?

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ding-dong

Should I answer the door?

No Yes

Only for certain people (list below):

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How do I find out who is at the door
before deciding if I can open it?

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home turf

What is considered "home territory"?

In the house In the yard before dark

In the neighborhood before dark

At any of these neighbors' houses (list below):

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.....

Are friends allowed in the house?

No Yes

Am I allowed to go to my friends' houses?

No Yes

If yes, what do I need to do?

Call before leaving.

Leave a note.

Ask the friend's mom or dad to call.

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on schedule

What kind of schedule should I stick to when I come home? (Order the following as to what should be done first, second, third, etc.)

_____ Homework

_____ Chores (which chores?)

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_____ Pet duty

_____ Practice time (instruments, singing, sports, etc.)

_____ Playtime

TV No Yes

Indoor play No Yes

Outdoor play No Yes

Computer time No Yes

Internet No Yes

For homework only No Yes

snack time

Is it OK to make a snack when I get home?

No Yes

If yes, which kitchen tools or appliances are NOT OK to use by myself?

Knives No

Toaster No

Stove or oven No

Blender No

Microwave No

Other instructions:

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emergency numbers

Fire

Police

Poison
Control

Parent 1
at work

Parent 1 cell
phone

Parent 2
at work

Parent 2 cell
phone

Neighbor
#1

Neighbor
#2