



# GUIDELINES FOR LEAVING KIDS **HOME ALONE** on Joint Base Lewis-McChord

Created by JBLM DPFR Marketing | Updated Mar. 18, 2019

Age of Child	★ Supervision Level	Length of Time
<b>0-9 YEARS</b>	<b>DIRECT SUPERVISION</b>	<b>AT ALL TIMES</b>
<b>10-11 YEARS</b>	<b>MONITORED CARE</b>	<b>2 CONSECUTIVE HOURS</b>
<b>11-12 YEARS</b>	<b>SELF-CARE</b>	<b>4 CONSECUTIVE HOURS</b>
<b>13-15 YEARS</b>	<b>SELF-CARE</b>	<b>6 CONSECUTIVE HOURS</b>
<b>16-17 YEARS</b>	<b>SELF-CARE</b>	<b>10 CONSECUTIVE HOURS</b>

## ★ LEVELS OF SUPERVISION

### **DIRECT SUPERVISION**

Adult supervision on a regular basis during out of school hours & parental duty day. After age 3, an adult must have line-of-sight monitoring ability to be able to respond immediately if needed.

### **MONITORED CARE**

An adult is aware of child's location and activities during out of school hours. An emergency contact is available at all times.

### **SELF-CARE**

Parents must assess child's ability to be in self-care.

## GUIDELINES FOR BABYSITTING

Age of Sitter	Requirements
<b>12</b>	May babysit other children <b>1-11 years old up to 3 hours</b> without adult supervision.
<b>13 - 14</b>	May babysit other children <b>0-11 years old up to 3 hours</b> without adult supervision.
<b>15 - 17</b>	May babysit other children <b>0-11 years old</b> . (not overnight)
<b>18 +</b>	May babysit children <b>of all ages overnight</b> or for extended periods of time (TDY, parents on vacation, deployment, etc)

**JBLM POLICE**  
**(253) 967-3107**

AR 608-10, AR 608-18, & AR 608-75 Require all installation commanders implement a "home alone" policy to address ages & circumstances under which a child may be left at home alone during parental duty hours without adult supervision.

## CHILD SAFETY TIPS

- Things to memorize: Full name, address, telephone number
- Post a list of numbers to call in case of emergency
- Let trusted neighbors know that your child may be home alone
- Call the child several times while you are away
- Tell children not to go into other people's homes without your permission
- Designate a safe house to run to if the child feels like he/she is in danger
- Teach children basic home safety (lock doors and windows, kitchen safety, etc)

Joint Base Lewis-McChord  
**Directorate of Personnel  
& Family Readiness**

**JBLM DPFR**  
Your Community Navigator

**FAP (253) 967-5901**

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