



Pause for a child

Post this page on your refrigerator, or in a place you can easily find when home alone.

Important Phone Numbers (Mom, Dad, grandparents, for example):

Name: _____ Work: _____ Cell #: _____

Name: _____ Work: _____ Cell #: _____

Emergency Contacts (neighbors, nearby relatives or friends, for example):

Name: _____ Phone: _____

Name: _____ Phone: _____

House Rules (Do's and Don'ts when you're home alone):

Emergency Escape Route/s from the House: _____
