

# Wellness Tips

## Parenting Tips To Keep Children Safe

- Set rules with your children about whose homes they can visit when you're not home, and discuss the boundaries of where they can and can't go in the neighborhood.
- Make sure children know their full name, address, and home telephone number and how to use the telephone. Be sure they know what to do in case of an emergency and how to reach you by cellular or pager numbers. Children should have a neighbor or trusted adult they can call if they're scared or there's an emergency.
- Caution children to keep doors locked and not to open the door or talk to anyone who comes to the door when they are home alone. If you have arranged for a family friend or relative to stop by, make sure your children feel comfortable being alone with that person. Make certain that they understand not to tell anyone who calls that they are home alone.
- Don't drop your children off at malls, movies, video arcades, or parks without adult supervision. These are not safe places for children to be alone. Make certain that a responsible adult supervises your younger children at all times when they are outside and away from home.
- Tell your children from whom they are allowed to accept a car ride. Children should be cautioned never to approach any vehicle, occupied or not, unless accompanied by a parent or trusted adult.
- Make sure your children know to stay away from pools, canals, or other bodies of water without adult supervision.
- Since daylight lasts longer in the summertime, be sure your children know their curfew and know to check in with you if they are going to be late. It's not a good idea to allow your children to play outside after dark.
- Choose babysitters with care. Obtain references from family, friends, and neighbors. Many states now have registries for public access to check criminal history or sex-offender status. Observe the babysitter's interaction with your children, and ask your children how they feel about the babysitter.
- Check out camp and other summer programs before enrolling your child. See if background checks are completed on program staff. Make sure that there will be adult supervision for your children at all times, and that you will be made aware of all activities and field trips offered by the camp or program.
- Investigate daycare settings thoroughly before placing your child. Make certain that the center or family daycare home is licensed and that parents are free to come and go as they wish. Observe the personnel and activities before making your decision and make unannounced visits after placing your child or children.
- Always listen to your children and keep the lines of communication open. Your children can be the best source for determining if everything is okay. Teach your children to get out of dangerous or uncomfortable situations right away and practice basic safety skills with them. Make it clear that they can tell you about anything that happens to them that makes them feel uncomfortable.

*Adapted from the National Center for Missing & Exploited Children (NCMEC)*

### Resources Are Available

For more information, help and support, call us. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you. Additional information, self-help tools, and other resources are available online at [www.MagellanAssist.com](http://www.MagellanAssist.com).