



Child Supervision Guidelines

Supervision

0 – 9 years old	Should not be left unsupervised
10 – 12 years old	May be home alone for up to 3 hours
13 – 18 years old	May be home alone longer than 3 hours
0 – 16 years old	May not be left home alone overnight

Babysitting

9 – 12 years old	May act as a “Parent Helper” with adult supervision
13 years old	May babysit children over the 4 years of age for no more than 3 hours
14 – 17 years old	May babysit infants and older children
*The local Red Cross offers Babysitter Training, CPR, and Basic First Aid Classes. For more information, call 540-459-2913.	

Is your child ready to be home alone?

Does your child:

- Have a developmental delay?
- Have an emotional disturbance?
- Have mental health diagnosis or symptoms?
- Have physical health (i.e. Mobility difficulties, chronic illness, etc) concerns?
- Frequently getting in trouble?
- Accident prone?
- Have difficulty getting to/from school?
- Express fear or worry about being left home alone?

If you answered **yes to any of these questions, your child should **NOT** be left unsupervised.*

Safety Tips

- Post emergency phone numbers and a phone number where a caregiver can be reached.
- Children should memorize their full names, address, and phone number.
- Parents should call their children regularly to check-in.
- Teach children to lock the doors and windows.
- Teach children kitchen safety and what is and is not okay when home alone.

There are no laws in Virginia that state how long children may be left unsupervised. However, Shenandoah County Social Services has adopted the above listed guidelines.