

Keeping Your Children Healthy and Safe

Here are some important questions to ask before allowing your child to visit or spend the night at a friend's home:

1. Are there guns in the home? If so, are they secured?
2. Will parents be home? If not, who will be supervising the children?
3. Who else lives in the home?
4. Will the children be staying home or going somewhere else?
5. Will alcohol be consumed or marijuana be smoked by the adults in the home while my child is there?
6. Are medications kept in a secure location (prescription and over the counter)?
7. Is alcohol kept secured where it is not easily accessible to the children?
8. Are their functioning smoke detectors in the home where the children will be sleeping?

Many of these questions may be awkward to ask, but these are your children, and you would probably do anything to keep them safe. You will understand when a parent of a child visiting your home asks the same questions.

You may also have questions of your own to add to the list. Also, remember to let the adults in the home know if your child has any allergies or other medical conditions that could become a life-threatening emergency and what you want them to do if an emergency occurs while your child is in their care.

An important resource you may want to use when deciding if it is safe for your child to visit another family's home is the California Megan's Law website: <http://www.meganslaw.ca.gov/>

Once you have decided to let another adult take responsibility for your child's health and well-being, even if only for a few hours, you should make sure they have the following information:

- How to contact you if an emergency should occur (whether or not you will be at home, or at work, traveling, etc.).
- When you expect them home, or when you will be picking your child up.
- Alternate emergency contact in case you experience an emergency and cannot pick up your child or be home when they are scheduled to be dropped off.