



SLEEPOVER SAFETY CHECKLIST

Asking questions and being informed is key when navigating your child's sleepover.

Sleepovers are one of the exciting joys of childhood and can lead to many positive growth opportunities. But what can you do to help ensure your child's safety?

Knowing if your child is ready or whether the environment is a safe place might seem overwhelming, but it doesn't have to be. It's important to know what to ask—it's equally important to prepare your children for what to expect when they are away.

Below are some ways to get the conversation started:

- What does your gut say? Your initial reaction is usually correct—pay close attention to that.
- Is your child ready for a sleepover? How old are they and have they been away from home before?
- How well do you know this family?
- What adult supervision will be there? Will anyone else be there?
- What is the household like? Does the house itself seem safe? What are the sleeping arrangements?
- Can you discuss your concerns or needs with the parent(s)? If not, then consider this a negative on the gut-feeling meter.
- What are your hard and fast rules? ("No uninterrupted one-on-one situations with adults or other children" should be one of them)
- What safety and comfort contingencies can you put in place? Talk to your kids about different scenarios to help them feel comfortable with the unforeseen. Try playing the "What If" game.
- What check-in points can you incorporate? Maybe a call or text before bedtime? Are drop-ins okay?

**To learn more about what you can do to protect your kids,
visit us online at d2l.org.**