

Sleepover Checklist

By Natasha

- Before You Agree
 - How well do you know the home?
 - Is the home clean?
 - Is the home in a safe area?
 - Does the home have security bars on doors and windows?
 - Is your child comfortable in the home?
 - Are you comfortable leaving your child in the home overnight?
 - Do you know the parents well?
 - Are the parents mature and responsible?
 - Will they supervise the children throughout the stay?
 - Will they remain attentive?
- Ask the Parents
 - Are there working smoke alarms throughout their home?
 - Do they have a well-rehearsed fire escape plan?
 - Where will your child be sleeping?
 - Do the parents prohibit bedroom candle use by children?
- Before the Sleepover
 - Know the start and finish time of the sleepover.
 - Make sure your child gets a good night's sleep the night before.
 - Prepare a backpack and mark it clearly.
 - Prepare a child-sized sleeping bag.
 - Prepare favourite pillow, toy or blanket.
 - Prepare comfortable sleepwear, footwear and socks.
 - Prepare a favourite toy, movie or game to share with others.
 - Prepare nightlight or flashlight.