

Before the sleepover

Questions worth asking, whatever your child's age. Asking is normal — good hosts expect it, and most will thank you for it.



Who is home

- ☐ Which adults will be there overnight?
- ☐ Will anyone be going out and leaving the kids?
- ☐ Are older siblings, cousins or friends staying too?
- ☐ Best mobile number for you on the night?
- ☐ Anyone at the house I have not met?

Health & medical

- ☐ Have I shared allergies, asthma or medications in writing?
- ☐ Does an adult know how to use the puffer, EpiPen or pump?
- ☐ Is there a first aid trained adult in the house?
- ☐ Have I sent the action plan and spare medication?
- ☐ How far is the nearest hospital or after-hours clinic?

Around the house

- ☐ Is there a pool, dam, tank or trampoline — and who supervises?
- ☐ Are firearms, tools or chemicals locked away?
- ☐ Where are medicines, vapes and alcohol kept?
- ☐ Are there dogs or farm animals, and how do they go with kids?
- ☐ Where will the kids sleep, and who is nearby?

The plan for the night

- ☐ Is anyone driving the kids anywhere? Who, and in whose car?
- ☐ Screens, games and films — what is allowed, and supervised how?
- ☐ Can my child keep their phone with them overnight?
- ☐ What time is drop-off and pick-up?
- ☐ Will you call me if plans change at all?

Talk to your child before they go

"You can always come home." Agree on a code word or emoji they can text you, no questions asked, at any hour.

"Your body is yours." They can say no to any game, dare, touch, photo or video — and tell an adult.

"No secrets from me." Surprises are fine; secrets are not. Nothing they tell you will get them in trouble.

"Know the way out." Where the phone is, which adult to wake, and that they can ring you from any phone.

Trust your gut

If something feels off, you do not need a reason to say not this time. A daytime visit, a late-night pick-up or an earlier home time are all good answers.