FREE PRINTABLE · SAMMY TEACHES

# Sleepover Checklist

A plan, not a fear. Fill it out before every sleepover.



Kid name _____ Date _____

Host family _____ Host phone _____

## Ask the host family

- [ ] Which grown-ups will be home the whole night?
- [ ] Who else is sleeping over?
- [ ] Will any older kids, teens, or other guests be there?
- [ ] What are the rules for phones, tablets, and games? Can kids use them alone at night?
- [ ] Where will the kids sleep?
- [ ] What movies or shows will they watch?
- [ ] Can my child call or text me any time, even late?
- [ ] What time is pickup, and who is driving?

## The code word plan

1. Pick a silly code word with your child, like “pumpkin pie.”
2. If your child texts or says it, you come get them. No questions asked that night.
3. Your child can say “I don't feel well” in front of others. The code word tells you the real reason can wait.

Our code word _____

## Sammy's rules (say them together)

1. **My body is mine.** If something feels uh-oh, I can say no.
2. **No secrets, only surprises.** Secrets that feel uh-oh get told right away.
3. **I can always call home.** I know my code word.
4. **I tell my safe grown-up.** I'm never in trouble for telling.