

First Sleepover Card

One card for both sides: the night your kid goes, and the night you host.

■ THIS SLEEPOVER

Same card both ways. Fill it once for a friend's family; most carries over.

Kid _____ Date _____ Pickup _____

Sending family _____ phone _____

Hosting family _____ phone _____

■ YOUR KID GOES: PACK THE BAG

Sleeping bag, pillow, blanket

Pajamas and tomorrow's clothes

Toothbrush and toothpaste

Water bottle

The comfort item (do not forget)

Glasses, retainer, nightlight

Meds, labeled, dose written down

■ YOUR KID GOES: TELL THE HOST

Allergies, and how a reaction looks _____

Meds: what, when, how much _____

Foods they will and won't eat _____

How they fall asleep: light on? door open? _____

If they get homesick _____

When it's OK to call us _____

■ YOU HOST: ASK THE OTHER FAMILY

Their phone _____ A backup adult _____

Allergies, reaction plan, where meds are _____

Meds: what, when, how much, who gives it _____

Foods they eat, and don't _____

How they settle at bedtime _____

OK to call their home if homesick? _____

■ YOU HOST: HOUSE RULES TO SAY

Lights-out _____ Quiet until (morning) _____

Screens: yes, no, until when, whose device _____

Snacks: help yourself, or ask first _____

Off-limits areas _____

Pets in the house _____

Pickup tomorrow at _____