



SLEEPOVER STRATEGY

So, your child's been invited to a sleepover at a friend's house. ..

1. Be willing to be your child's scapegoat

If you sense that your child doesn't want to go, or you think she's just not ready, tell your child, "You can tell your friend I said no."

2. Create alternatives

If "everyone" is going to a sleepover, and your child doesn't want to go, or you don't want her to go, come up with a fun alternative: invite friends over, ask your child's grandparents to do something with them, or do something exciting as a family.

3. Host the sleepover at your house

That way, you set the guidelines, and your child will feel more secure.

4. Cultivate new friendships

Try to expand your child's friendship circle beyond his school. Encourage him to make friends with kids through sports, church or other activities. That way, if "all" of the kids in his class are going to the sleepover, he'll have other friends to spend time with.

Sleepover Criteria by Age

Elementary School

- ; Must know parents well.

Middle School (This age group tends to want to spend the night out the most)

- ; Must know parents well, and make sure they're going to be there the entire evening.
- ; Be aware of any older siblings and other older kids who may be there also.
- ; If your child is girl, and her friend has older brothers, automatic no.

High School

- ; Sleepovers are rare.
- ; You want your children to come home after a night out, so you can check for signs of drinking or drug use.

Note: Even if your kids go out for prom or homecoming with friends, require them to still spend the night at home.

© 2010 iMOM. All Rights Reserved. Family First, All Pro Dad, iMOM, and Family Minute with Mark Merrill are registered trademarks

Added: March 16, 2010 at 12:40 PM