

Dear Parents,

Sleepovers—those late-night adventures filled with giggles, secrets, and pillow forts—are a cherished part of childhood. But as parents, we grapple with the question: Are sleepovers safe or risky? Let's explore the rewards and risks, empowering you to make informed decisions for your family.

The Great Sleepover Debate

Rewards:

1. **Independence:** Sleepovers allow kids to practise separation from caregivers, fostering independence.
2. **Flexibility:** Children learn to adapt to different family cultures and routines.
3. **Memories:** Many adults fondly recall sleepovers as cherished childhood memories.

Risks:

1. **Abuse Concerns:** Some parents worry about their kids being exposed to abuse while away from home.
2. **Behavioural Disruptions:** Sleepovers can lead to disrupted sleep schedules and behavioural issues.
3. **Health and Safety:** Consider food allergies, screen time, and exposure to illness.

Your Decision Matters

As parents, it's essential to examine our motivations. If fear drives our choices, we should pause and reflect. Balance safety with allowing our children to explore the world. Remember, there's a fine line between caution and overprotection.

Tips for Safe Sleepovers

1. **Know the Host:** If your child is sleeping over at a friend's house, ensure you know and trust the host.
2. **Communication:** Teach your child about boundaries, good touch vs. bad touch, and when to seek help.
3. **Alternatives:** If sleepovers don't feel right for your family, find other opportunities for self-efficacy and adaptability.
4. **Preparation:** Actively discussing with your child how to be safe on a sleepover is recommended. Consider using the linked resources to have an interactive conversation with your child about sleepover safety.



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[Swoosh and Glide Story time](#) - bedtime story about safe online behaviour at sleepovers

[7 Tips for Safer Sleepovers](#) - topics to cover with your child before the sleepover.

Remember, there's no one-size-fits-all answer. Trust your instincts, consider the risks, and make the best choice for your child.

Wishing you courage and wisdom on this parenting journey!

Warmly,

Sandy Reynolds

Manager Child Safety

☀ Resources:

- [Child Experts Share Rewards and Risks](#)
- [Navigating the Complexities of Sleepovers](#)
- [Rethinking the Value of Sleepovers](#)



Sweet dreams! 😴