SLEEPOVER CHECKLIST

(See Appendix [TK]for a Checklist to Photocopy and Re-Use as Needed or download at ActiveGrandparenting.com/worksheets.)

☐	**Coordinate Rules:** Agree on major rules and bedtime rituals with parents.
☐	**Go Over Essentials:** Go over the schedule, emergency contacts, allergies, and any medications with parents.
☐	**Take Extra Time and Prepare:** Allow extra time for everything. Prepare for bedtime earlier and lay out clothes the night before.
☐	**Provide Comfort:** Make space for grandchildren's belongings and set out a variety of toys and games. Encourage them to bring favorite stuffed animals or other comfort items.
☐	**Cook Together:** Prepare nutritious meals and snacks together. Bake/cook traditional family foods, and have grandkids set the table and make place cards.
☐	**Serve Breakfast:** Start the day with fun breakfast traditions. Create a breakfast bar with omelet fixings and lots of colorful fruits.
☐	**Burn Energy:** Engage in active physical activity early in the day. Go to the park, take walks, find ways to incorporate outdoor play. Follow up with quieter activities before bedtime.
☐	**Read Stories:** Incorporate snuggly, quiet activities like reading together. Use library books or build a home collection with the help of your grandkids. Children who are read to have greater academic success.
☐	**Take Pictures:** Capture moments with photos to create photo books for your precious grandkids. Kids love pictures of themselves, and kids grow so fast!
☐	**Pick a Theme:** Organize themed activities, have special PJs, a themed meal, or a fun movie night with popcorn and themed snacks!
☐	**Be Patient:** Tailor the visit to your grandchild's needs and readiness. Practice sleepovers at their home to build comfort.

SLEEPOVER CHECKLIST

Sleepovers with the grandchildren are the best with a little preparation. Use this check list to help you cover all the bases and get ready for the big night.

- [ ] **Medication:**
- [ ] **Food Allergies:**
- [ ] **Forbidden Foods:**
- [ ] **Emergency Contact Info:**
- [ ] **Bedtime:**
- [ ] **Routine:**
- [ ] **Favorite Games:**
- [ ] **Favorite Books:**
- [ ] **Favorite Activities:**
- [ ] **Emergency Contact Info:**
- [ ] **Special Instructions:**