

# Sleepover Guide for Parents



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# Planning a Successful Sleepover Party

## Pre-Plan

Sleepovers can range from well-orchestrated, themed parties, to spontaneous campouts in the backyard. For the more extravagant affairs, you'll want to start planning four to six weeks in advance. One essential ingredient is entertainment. This printable guide has all you need for craft projects, movies, and easy-to-make recipe ideas to use when planning your sleepover.

## Pick a Number, and Keep it Small

The key to having a stress-free slumber party is to choose the number of children you feel comfortable having in your home, and stick with it. Make sure to contact each guest's parents before the party to get a list of any food allergies, medications, and emergency phone numbers.

Also, you don't need to entertain your child's friends for the entire day. Arrange for drop-off times to be immediately before dinner, if you are serving a meal, or right after dinner time. A pick-up time before noon the following day will allow your child and her friends to enjoy a special breakfast, and give you the rest of your day to clean up and recoup.

## Lay the Ground Rules

As soon as your guests arrive, go over all house rules with them. Some rules might include what rooms are off limits, limits on phone and computer use, and permission for TV shows. Just remember, let the kids have a little fun, and try not to become overbearing. After all, it's only for one night!

## Dealing with Homesickness

A child is much less likely to become homesick if she is distracted by lots of games and activities, so make sure you have plenty planned on the night of your child's sleepover. If homesickness is a genuine concern, make sure every child attending knows she can come to you at any time if she is feeling anxious about being away from home. Leave a light on so they can safely find their way to your bedroom, and remember to establish emergency, middle-of-the-night pickup plans with each child's parent beforehand.

With all the basics covered in this handy guide, you're ready to start planning the perfect sleepover. Enjoy!

# Sleepover Packing List

*To avoid forgetting anything, use this printable checklist the next time your child is having a sleepover at a friend's house.*

- Sleeping bag
- Pillow
- Pajamas
- Slippers
- Toothbrush/toothpaste
- Orthodontal supplies (if needed)
- Washcloth
- Face towel
- Hairbrush and hair accessories
- Flashlight
- Clothing for next day, including
  - shirt
  - pants
  - socks
  - underwear
- Stuffed animal (optional)
- A good book
- Medication (if needed)
- Eyeglasses/eyeglass case (if needed)



# SCRUMPTIOUS Sleepover Snacks

## Cookie Pizza

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**Servings:** 8-12

**Ingredients:**

- One 18 ounce package refrigerated sugar cookie dough
- 1 1/2 cup frozen whipped topping, thawed
- 2/3 cup vanilla yogurt
- 3 cups assorted fresh fruit, cleaned and sliced

**Directions:**

1. Preheat oven to 350° F.
2. Lightly grease a 14 inch pizza pan.
3. Spread dough evenly into pan (use flour to avoid sticking).
4. Bake 12-15 minutes, or until golden brown.
5. Sit and let cool completely.

**Topping:**

1. In a small bowl, combine whipped topping and yogurt.
2. Spread over crust.
3. Top with assorted fruit.
4. Slice and serve.

**Suggestions:**

Slice cooled cookie so children can decorate their own piece individually. This gives each child something to do.

## Kids' Snack Medley

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**Ingredients:**

- 12 ounce bag M&M's mini baking bits
- 1 cup peanut butter chips
- 1 cup unsalted peanuts
- 2 cups cinnamon Teddy Grahams
- 2 cups pretzel balls

**Directions:**

1. Measure ingredients into a bowl and mix well.
2. Store in an air-tight container or Ziplock bag.

**Suggestions:**

Omit peanuts for children under two or those with food allergies.  
Have children decorate a plastic cup to scoop out their serving.

# SCRUMPTIOUS Sleepover Snacks

## Hot Dog Kebabs

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**Servings:** 20

**Ingredients:**

2 hot dogs  
2 pickles  
10 cherry tomatoes  
Ketchup  
Mustard

**Directions:**

1. Cook hot dogs in a pot of boiling water for 3 minutes.
2. Remove and let cool.
3. Cut hot dogs and pickles in half-inch slices.
4. Cut cherry tomatoes in half.
5. Put a slice of hot dog, tomato, and pickle on a toothpick.
6. Serve with ketchup or mustard.

**Suggestions:**

Add thin slices of cheese to the kebab.

## French Toast

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**Servings:** 2

**Ingredients:**

4-6 slices of French bread  
1 cup milk  
2-3 eggs  
1 teaspoon vanilla  
1 teaspoon sugar  
Cinnamon  
Nutmeg

**Directions:**

1. Spray griddle with Pam and heat.
2. Mix milk, eggs, vanilla, and sugar in a pie plate or shallow, wide bowl.
3. Sprinkle cinnamon and nutmeg on top (repeat as needed).
4. Dip each side of bread in mixture and place on hot griddle.
5. Cook until golden brown.

**Suggestions:**

Parents should supervise young children when around a hot stove.

# SLEEPOVER

# Games & Activities

## Pillowcase Art

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### Materials:

Light colored pillowcase  
Fabric paint or markers  
Large piece of cardboard  
Pins  
Iron

### Directions:

1. Place cardboard inside pillowcase, pull tight and pin to prevent movement.
2. Paint your design.
3. Once paint is dry, have an adult iron over finished design with medium heat to set the paint.
4. Wash before using.

### Suggestions:

Divide a pillowcase into sections and have each friend paint something on it and sign their name.

## Hawaiian Luau Lei

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### Materials:

String  
Colored straws cut into 2-inch pieces, or tube-shaped pasta  
Construction paper  
Glue  
Scissors  
Hole puncher  
Glitter, markers, and other decorative materials

### Directions:

1. Draw and cut out a stencil of a flower, or several different flowers shapes.
2. Trace flowers on construction paper and cut them out.
3. Punch a hole in the middle of each flower.
4. Add glitter and decorations to the flowers.
5. Measure and cut a piece of string the length you'd like your lei.
6. Thread the string alternating between a flower and a piece of straw (or pasta).
7. Once finished, tie the two ends of string together and wear around your neck.

# SLEEPOVER Games & Activities

## Crazy Eights Card Game

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### Materials:

Deck of cards

### Directions:

1. Dealer deals five cards to each player (seven cards each for only two players).
2. Place undealt cards face down on table, turning top card face-up next to the pile.
3. Player to dealer's left starts, continuing clockwise. Each player in turn must either place a card face up on discard pile, or draw a card from undealt pile.
4. The first player who gets rid of all their cards wins, and the other players score penalty points according to the cards they have left in their hands — 50 for an eight, 10 for a face card, and spot cards at face value.

### Legal Plays:

1. If the top card of the discard pile is not an eight, you may play any card in your hand which matches the rank or suit of the card (for example, if the top card was the king of hearts you could play any king or any heart).
2. If no cards in your hand match, you must draw a card from the undealt pile.
3. An eight may be played on any card, and the player of the eight must nominate a suit, which must be played next.
4. If an eight is on top of the pile, you may play any card of the suit nominated by the person who played the eight.

## Musical Chairs

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### Materials:

Chairs (one chair less than number of children playing)  
CD player, tape deck, or radio for music

### Directions:

1. Position chairs in a circle facing inwards.
2. Have children parade around the chairs while the music plays.
3. Once music stops, children must scramble into a chair; only one child per chair.
4. The child without a chair is eliminated. Every time a child is eliminated remove a chair.
5. Repeat until one child remains.

### Suggestions:

To avoid upset children, give each eliminated child a small partying gift to make them feel better.

# SLEEPOVER

# Games & Activities

## Mother May I?

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### Directions:

1. One child stands with her back to the other children. This person is called “Mother.”
2. Children take turns asking for any number of giant steps, baby steps, medium steps, or any other silly steps they can think of to step towards the “Mother.”
3. The “Mother” will then respond with a ‘yes or no’ answer.
4. If a child forgets to say “Mother, may I?” she has to return to the starting line.
5. The first child to sneak up and touch the “Mother” wins and is the “Mother” for the next round.

### Example Text:

Child 1: “Mother, may I take three giant steps?”

Mother: “No, you may take one giant step.”

Child 2: “Mother may I take four baby steps?”

Mother: “Yes, you may take four baby steps.”

### Suggestions:

Change “Mother” to “Father” if the child playing is a boy.

## Hot Potato

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### Materials:

A potato or beanbag  
CD player, tape deck, or radio for music

### Directions:

1. Have children stand or sit in a circle.
2. Turn on the music and hand the potato to a child, who must pass the potato to her right or left.
3. Each child continues to pass the potato until the music stops.
4. The child holding the potato when the music stops is out and must leave the circle.
5. Repeat until one child remains.

### Suggestions:

To avoid upset children, give each eliminated child a small partying gift to make them feel better.

# SLEEPOVER Movie Mania

## G-Rated Movies

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Aladdin	Monsters, Inc.
A Bug's Life	The Parent Trap
Cars	The Princess Diaries
Finding Nemo	Ratatouille
High School Musical movies	Toy Story
The Last Unicorn	Wall-E
The Lion King	

## PG-Rated Movies

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Back to the Future	Grease
A Cinderella Story	Harry Potter and the Chamber of Secrets
Charlie and the Chocolate Factory	Harry Potter and the Prisoner of Azkaban
Cheaper by the Dozen	Harry Potter and the Sorcerer's Stone
The Chronicles of Narnia	Holes
Father of the Bride	Jumanji
Footloose	Napoleon Dynamite
Freaky Friday	The Princess Bride
The Goonies	Splash

## PG-13 Rated Movies

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10 Things I Hate About You	Legally Blonde
Adventures in Babysitting	The Lord of the Rings
Bend It Like Beckham	Mean Girls
Blast from the Past	Never Been Kissed
Bring It On	Pirates of the Caribbean
Can't Hardly Wait	Pretty in Pink
Dirty Dancing	Robin Hood: Men in Tights
Don't Tell Mom the Babysitter's Dead	The Sisterhood of the Traveling Pants
Harry Potter and the Goblet of Fire	Teen Witch
Harry Potter and the Order of the Phoenix	Titanic
John Tucker Must Die	