

Playdates, sleepovers and babysitters

Practical tips for parents and caregivers



01 Know who is caring for your children.

Take the time to get to know the adult or family your child will be spending time with. For babysitters, consider their experience, reliability and whether they are someone you and your child feel comfortable with.

Ask who else may be there including adults, other children, and pets. This may help you decide whether or not you or your child are comfortable in this situation.

02 Ask what activities are planned and where.

Knowing what your child will be doing while they're away can help prepare both them and yourself. Before saying yes, think about any specific needs, dietary requirements, routines or boundaries the caregiver needs to know about.

Make sure the caregiver has your contact details and discuss how often you would like an update from them.

03 Trust your instincts and set clear boundaries.

You don't have to agree to a playdate, sleepover or babysitting arrangement just because you've been asked. It's ok to ask questions, change your mind, or say no. If you're concerned about hurting the other parent or child's feelings, there is nothing wrong with making up an excuse. Your child's comfort and safety come first.

Set boundaries that make you feel most comfortable. It can be common for parents to set a no-sleepovers rule, for example.

04 Talk to your children and have a back up plan.

Remind them they can always talk to you if they see or experience something that makes them uncomfortable. Make it clear that they can ask you to come and get them at any time.

Make sure your child knows how they can contact you if/when they need to. For younger children, ensure the supervising adult has your contact details and will contact you if they seem particularly unsettled or acting out of character.



Before you go,
make sure they know:

- ☐ Where they're going and what they're doing
- ☐ Who they'll be with
- ☐ How long you or they will be gone for
- ☐ What rules and boundaries they should adhere to
- ☐ How to contact you if they want to be picked up
- ☐ That they can speak to you at any time about anything