

Pointers For Parents

Don't Lose Sleep Over Child's First Sleepover



©Disney. Based on the "Winnie The Pooh" works by A.A. Milne and E.H. Shepard.

A child's first sleepover can be a fun adventure, and parents can help by making sure youngsters are ready for the experience.

(NAPSA)—First sleepovers can be both exciting and scary for children and parents. Parents may feel uneasy about sending their child to a stranger's house, and—once the party lights go out—kids can become unsettled in unfamiliar surroundings.

Still, sleepovers can be a positive experience for kids, not to mention a memorable part of childhood, once the jitters disappear. These tips can help everyone be more comfortable the night of that first sleepover:

- Get to know your child's friends and their parents. Forming such relationships will create a sense of security. You might not be familiar with your child's entire social circle, so give the parents a call and introduce yourself. Let them know if your child has any health problems, allergies or quirky sleeping habits, and don't forget to leave all your phone numbers.

- Create a checklist for your

child's overnight bag. You'll feel better knowing your child is prepared. Be sure to include personal items like favorite toys, clothes, toothbrushes and sleeping bags.

- Treat your child with a sleeping bag to call their own. Let your child choose one she likes, since it's an extension of her bedroom. A sleeping bag should not only provide comfort but also reflect the child's personality. Hedstrom offers a wide range of slumber items for just about every child's liking, from unique and fun-shaped sleeping bags to extra-large bags that come with coordinating totes for storage and easy carrying.

- Remind your child to be courteous and respectful of the host family and their belongings so he's welcomed back.

- Agree on a pickup time with your child and the host family.

To find Hedstrom slumber products, visit www.hedstrom.com or call 800-323-5999.