

[NASCC Fire Department](#)

Sleepover fire safety for kids:

Is your child safe staying overnight at a friend's home? How do you really know? The National Fire Protection Association (NFPA) offers a link [Sleepover Checklist](#) to help parents answer that age-old question, "Mom, can I sleep over at my friend's house?"

Think upset tummies and lack of sleep are the biggest risks when your child is spending the night at his or her friend's house? "Think again". "Before you permit your child to sleep over with a friend, talk to the child's parents. Depending on what you learn, it can either uncover serious fire dangers or give you peace of mind during your child's sleepover."

Eight out of 10 fire deaths take place in the home, with the majority of home fire deaths occurring late at night. "If you don't know for certain that the friend's home is equipped with working smoke alarms, and that the sleepover will be supervised by an adult, don't take the risk; reverse the invitation and have the sleepover at your own home".

NFPA recommends teaching children about the importance of fire escape planning in a positive, non-threatening style. "Ideally, your child is already well versed in home fire escape planning and drills in your own home. Before you permit a sleepover at a friend's, discuss the importance of knowing how to escape from a fire wherever you are, including friends' homes." NFPA also urges parents to empower children to ask friends and their parents about fire safety in their home, and to report to you anything that makes them feel unsafe.

"And when it's your turn to have other children stay overnight in your home, make sure they know what your home's fire escape plan is".

NFPA.org offers this link [Sleepover Checklist](#) to help parents and caregivers consider the hazards, and make decisions about slumber parties and sleepovers.

Please help us pass along these life-saving suggestions or for more information contact the NAS Fire Department, Fire Prevention Division at 961-3369.