

Shmanners 321: Slumber Parties

Published August 19, 2022

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Travis: Dad, Billy invited me over for a podcast. Can I go do a podcast with Billy, please, please, please, please, please?

Teresa: Okay. What podcast?

Travis: It's *Shmanners*?

[theme music plays]

Travis: Hello, internet! I'm your husband host, Travis McElroy.

Teresa: And I'm your wife host, Teresa McElroy.

Travis: And you're listening to *Shmanners*.

Teresa: It's extraordinary etiquette...

Travis: For ordinary occasions. Hello, my dove.

Teresa: Hello, dear.

Travis: How are you?

Teresa: I'm well. How are you?

Travis: Oh, I'm good, thank you. I love these business transactions.

Teresa: [laughs]

Travis: Oh. What a week!

Teresa: What a week. Hey, hey, guys.

Travis: What a world. Yeah?

Teresa: We're talking about slumber parties.

Travis: We are. And I wanna preface this right up front, because I have seen a lot of discourse happening in the ethernet space, the online world, as the kids call it. Um—

Teresa: They— that's what they call it?

Travis: No.

Teresa: Okay.

Travis: And the thing about it is is, it has become a controversial topic, and I think that this is a thing that I fully understand now as a parent, because any time you send your kid off into the world without you there, it is a terrifying lack of control. Um, and especially at a young age, getting a bunch of kids together, the opportunity for things to happen that you would not want to happen in your own home, I understand that completely.

But I also understand the other side, where it's like, well, but if you, you know, trust your kids and you have taught them how to deal with situa— it's— what we are talking about now is the concept, the idea, of the slumber party.

Teresa: Not about whether one should allow slumber parties.

Travis: Correct.

Teresa: Either in your home or in other people's homes.

Travis: Yes. Don't take this as an endorsement, rather as, uh, infotainment. Now, I will say, my experience in slumber parties varies. Um, usually one-on-one slumber parties were great. But as a kid growing up with ADHD, and I did not know it at the time, but there is a thing that is co-morbid with ADHD called rejection dysphoria, and that was a thing. Get a bunch of kids together, they're all laughing and having fun, and just there's a part of my brain that was like, "The reason they're laughing is you!"

And so that would often make slumber parties a little tense for me, but always my own fault. That, and also I have a clear memory... [laughs] it was like my friend Chris had, like, a late October birthday, so oftentimes his birthday would be, like, at or around Halloween was when we would celebrate. And one year he did a

sleepover for his birthday, and it was also that night my dad was hosting a, like, horror movie marathon on, like, one of— we used to have these, like, public access channels, uh, children...

Teresa: [laughs]

Travis: ... and it was like a haunted drive-in thing was what it was. And he was, like, this zombie host at this drive-in or whatever. And so we watched it, right? 'Cause it was my dad. And it included *Nightmare on Elm Street 3*, which gave me nightmares for the next forever.

Teresa: Aw, no!

Travis: So, yes. Once again, my own thing, not inherently a problem with sleepovers. Do you have any clear sleepover memories?

Teresa: I have— I have a couple. I have one where I believe that it was, like— it was like a sleepover birthday party. Um... but the thing about me is— and I think that the internet knows— I cannot stay up late. I have never—

Travis: Yes. That's— really? Never?

Teresa: Never been able to stay up late. Not my thing. Not endorsed by me. So, even—

Travis: Okay. Just this morning, Teresa told me that I should go to bed earlier. And I was thinking, like, "I already go to bed at 11." I used to, like, as a kid be up till, like, two o' clock watching Vault Disney. I watched a lot of black and white *Zorro* growing up, and a lot of, like, old Kurt Russel Disney movies. Anyways, go on.

Teresa: I have never, never been able to stay up late. Um, and so I, you know... it was a lot for me to even, like... I was always the first one asleep. It didn't matter if it was at my house or anybody else's house. I have one memory of going to my friend Ingrid's house, and she was one of I think... how many siblings did she have?

Travis: 17.

Teresa: No. Like, eight kids.

Travis: Wow, okay.

Teresa: And—

Travis: I mean, listen. I doubled it, but after you pass I would say six, it's just a lot at that point. The answer is, how many siblings? A lot.

Teresa: A lot. Um, and I remember being woken up around 2 AM because her mother was a full-time teacher, and the only time that she felt was appropriate to vacuum was at, like, 2 AM?

Travis: Oh boy!

Teresa: And I remember that being, like, my whole thing. Like, all the next day being like, "Oh my god, I can't believe that I was up at 2 AM."

Travis: Because this person was vacuuming, yeah. Hey, babe?

Teresa: Yes.

Travis: You're not wrong. That's a wild time to vacuum!

Teresa: Well, the entire house learned to sleep through it. And so—

Travis: Sure. That doesn't change the fact that you, as a guest—

Teresa: I was unable to.

Travis: —are allowed to be like, "Huh. Interesting." [laughs quietly]

Teresa: But you know, now being a mom, I get it. I get it. If you want to have a clean house and you have eight children and a full-time job, sometimes you gotta fit it in where you're gonna fit it in.

Travis: Okay. Yeah, you know what? When you put it that way. So I can't even begin to imagine where the history of slumber parties begins?

Teresa: Well, um, sleeping over really is age old, right?

Travis: Yeah.

Teresa: Um, back when, you know, communities had longhouses or, you know, there was, like, family dwellings and things like that. But what we're talking—

Travis: Also, people used to live a lot closer to each other, so there's a lot less—like, you could yell out the window, like, "Hey. Is my son at your house?"

Teresa: [laughs]

Travis: "Okay, cool, cool, cool. Great."

Teresa: Let's narrow in specifically to the cultural phenomenon of slumber parties, right? Not just people staying at your home, guests sleeping in your guest room, things like that. We're gonna zero in on slumber parties. And it actually is quite a relatively new concept.

Travis: I'm gonna guess 1875? Later?

Teresa: 20th century.

Travis: Whoa! Okay.

Teresa: Um, and probably because of post-World War II suburban sprawl.

Travis: Oh, yeah, yeah, yeah. Because you're gonna be spread out a lot more, and the idea of, like, if I'm gonna bring my kid over I'm not coming to pick 'em up. They're staying there. I'm not driving all the way back here. Are you kidding me?

Teresa: Not just that. Also, during the 50's and 60's, when these large new houses were being made, children had their own rooms for the first time.

Travis: Ohh.

Teresa: So it wasn't uncommon to have a nursery, right? For the youngest children. But then sharing rooms was very common, especially among, uh, you know, specific socioeconomic status people, right? Um, there just wasn't a lot of room.

Travis: Yeah, before that, even before without bedrooms, like, living spaces were a lot more confined. And in, like, the 40's and 50's and 60's they started to have, like, larger living rooms and more of that communal space. Where if you look at houses built in, like, 1890 to, like, 1920, it was very like, "Here is a hallway. Here is a room. Here is a hallway. Here is a room. Here is a—" you know? And now in the 40's and 50's we started to get into that mid-century modern feel of a lot less walls and a lot more flow.

Teresa: Right. And kids started to have their own bedrooms.

Travis: Sure.

Teresa: Um, because in, you know, in a suburb, the houses are built to have, you know, three and a half bedrooms instead of two bedrooms and a child bedroom.

Travis: And you're way more likely to have a backyard that you can kick the kids out into to be like, "Please, please just go out there."

Teresa: [laughs]

Travis: "Please just run in circles out there instead of in here, where the *vases* are."

Teresa: That's true. Um, and this is supported by Paula Fass, who is a professor at the University of California, Berkeley, and the editor of *The Encyclopedia of Children and Childhood*. Um, believing that because children had their own bedrooms, this is when the culture decided, well, I mean, they can have their own party. They have their own space.

Travis: Yeah. Plus I also bet that there was a bit of a discussion amongst parents of, like, "Wait. This works out great! Because we can take turns doing this, and like a Saturday night a month only one of has to work—" it's like shared babysitting, you know?

Teresa: It is, a little bit.

Travis: Where it's just like on that Saturday night, we know that kid is with you, and we trust you, and we're going to see the movies.

Teresa: So now, um, you know, towards the late 70's, early 80's, what started happening was not only were teenagers, kids, wanting to sleep over, they wanted to have parties like they had in the movies.

Travis: Oh, yeah, yeah, yeah.

Teresa: Right? So it was like this fun and mystical adventure. Uh, your best friends all hanging out all night, eating and gossiping and like—

Travis: Playing with a Ouija board, doing light as a feather, stiff as a board.

Teresa: Sure, sure. So—

Travis: Sacrificing goats.

Teresa: So by the 80's, this was such a staple in the media that, you know, Professor Fass said you had to have a sleepover, otherwise your parents were oppressing you, right? Everybody was doing it except for me.

Travis: Now, I mentioned sacrificing goats there and we just moved right past that.

Teresa: Oh, I wasn't listening.

Travis: Okay, great.

Teresa: Um, some very iconic slumber parties in the media. We've got things like *Grease*, right?

Travis: Of course, yes.

Teresa: There's *13 Going on 30*, there's even a movie called *The Sleepover*. You know, there's— there's slumber parties in *Gossip Girl*, and like it just feels like this is one thing that every teenager got to do.

Travis: Now, there is another side of this though, too, which I want to touch on when we talk about sleepovers in the media. Do you know another area of movies that predominately features, like, sleepovers and sleeping away?

Teresa: Horror movies.

Travis: Horror movies, correct! Because it is that feeling that we've talked about of, like, when my kids go off, right? Who knows what's happening. And it is a thing, I'll tell you now, Bebe has started Kindergarten and this feeling of, like, "Who knows?! Who knows what's happening?!" Right? And then to have, like, movie makers be like, "I think we can play on that. Let's... "

Teresa: [laughs] Yeah. In the mid-90's we got into, like, the whole stranger danger idea, and like you said, that also starts to— you start to see that in pop culture and media.

Travis: Well, I joked about, like, light as a feather, stiff as a board and a Ouija board and stuff, but Satanic Panic in the 80's into the 90's, of like, "Who knows what kids are getting up to at these slumber parties? Contacting the devil and saying Bloody Mary into the mirror and all the—" like, it was a thing that, like, their pop culture played on that as well. It played on giving it to young people of, like, "How cool does this seem?" And to old people like, "Scary stuff, huh?"

Teresa: "It's 10 PM. Do you know where your children are?"

Travis: Exactly. And also, the other thing that we see in media is like, "Well, kids will say they're sleeping over at their friend's house so that they can sneak out and go to a concert, or to go over and see their boyfriend." Once again it's this thing of we see both sides of it portrayed in the media, and no wonder now in 2022 it's like such a, "Oh no, I remember when I was a kid and I went to sleepovers." And because as you said, this is just now occurring to me, it is such a relatively new thing that what we're seeing now is like, so if a kid had a sleepover in the 60's, right? Then they, in like the 80's and 90's, had kids and were like, "Oh, man, no. Like, Satanic Panic. I know what I got up to. I don't trust it. It's even worse now than it was before."

And then those kids that, like, had sleepovers in the 80's and 90's are now parents who are like, "Nope. No way. No, no, no, no. No way, dude."

Teresa: Um, so let's go over if sleeping over as an adult is something that you are going to allow your children to do. There are some etiquette points I'd like to go over.

Travis: Yes. And I think we should definitely do that. But first, how about a word from other Max Fun shows?

[theme music plays]

[music plays]

Ella: Hi, everyone! I'm Ella McLeod.

Alexis: And I'm Alexis B. Preston.

Ella: And we host a show called *Comfort Creatures!* The show for every animal lover, be it a creature of scales, six legs, fur, feathers, or fiction. *Comfort Creatures* is a show for people who prefer their friends to have paws instead of hands.

Alexis: Unless they are raccoon hands. That is okay.

Ella: That is absolutely okay, yeah.

Alexis: Yes. Every Thursday we will be talking to guests about their pets, learning about pets in history, art, and even fiction. Plus, we'll discover differences between pet ownership across the pond. It's gonna be a hoot! On Maximum Fun.

[music and ad end]

[music plays]

Justin: Hi, everybody! My name is Justin McElroy.

Sydnee: And I'm Sydnee McElroy.

Justin: *Dr.* Sydnee McElroy.

Sydnee: That— that is true.

Justin: It's important in this context because we host a medical history podcast called...

Together: *Sawbones.*

Justin: Oh, I thought we were gonna— we should have worked on that.

Sydnee: *Sawbones*.

Justin: *Sawbones* isn't afraid to ask the hard-hitting questions. Like are vaccines as safe and reliable as they want us to believe?

Sydnee: Yes.

Justin: Do I have to get a flu shot?

Sydnee: Yes.

Justin: O—okay. Is science a miracle?

Sydnee: No?

Justin: We have a lot of great history for you, and a lot of laughs, and sometimes the history is so bad that there's no laughs. But...

Sydnee: You'll learn something, you'll feel something...

Justin: And it's always *Sawbones*.

Sydnee: That's right.

Justin: [through laughter] Every week on Maximumfun.org.

[music and ad end]

Travis: Now, listen. I— okay. Before we get started, I was thinking about this when I looked through the questions people had asked, and I'm going to make a prediction now that a lot of these etiquette things, or at least as a parent feeling comfortable sending your kid— whatever. Can be summed up as, like, preparation. Right?

Teresa: Absolutely.

Travis: Okay.

Teresa: Preparation, setting expectations, trusting your gut, right? Um, I would not feel comfortable sending my child to sleep over at a place where I had never been. I would want to have visited that parent's home. I would also want to— my personal opinion— make sure that any firearms in the home were locked away or, you know, not present.

Travis: Well, and also, we have— like, Bebe has an allergy, right? We would want to talk to them about that. Right? And I would expect the same in reverse. If someone was coming to spend over here, I would expect them to ask me questions and stuff, and I wouldn't be upset by that. So I think that is kind of etiquette number one. Don't be afraid. We talk a lot about, like, asking for what you need. I think especially as a parent, sending your kid over or having a kid come over to your house, asking for what you need or asking for what they need, rule number one.

Teresa: Yeah, exactly. Um, and trust your gut about that, you know? That's all I can say. Also, so, uh, talking to the child is also as important. Letting them, you know, know that you expect them to complete their nighttime routine, or maybe go over what might happen. Where, like, "Okay. Normally you sleep in a bed, but this is gonna be, like, a sleeping bag." And, you know, get out the sleeping bag, let them figure out how to open it up or put it away, or do all that kind of stuff. Like, do a little rundown for them so they know what to expect as well.

Travis: There is some really good *Daniel Tigers* about that.

Teresa: Absolutely.

Travis: "Find out what's different and what's the same. Yeah, yeah, yeah, yeah."

Teresa: Dottie is now almost three, so we are getting right back into that *Daniel Tiger*. Love it.

Travis: It's so good, man. Oh my god. Daniel— and new *Bluey*?! Oh. What a time to be alive.

Teresa: In the same vein, make sure that you either write down your phone number, or that your kid knows your phone number, so if anything makes them uncomfortable they can contact you and you can come and get it. And do also... not feel bad if you have to pick up your child. Even if nothing went wrong. Even if it's like, I mean... if I had felt like I... [wheezes] was not going to sleep that night,

I would probably have called my parents. I never seemed to learn that lesson, and I was just a terror the next day because I was so tired. Um, but if you want your child to experience the fun of a sleepover, but you want to come pick them up at midnight, I think that's a-okay.

Travis: Not all the interesting stuff happens, uh, once everybody's asleep. So you could just do like, "Alright. Once everybody starts going to sleep, I'll come get you, and then I can bring you back in the morning if you'd like." And, you know, empower your child to make decisions like that.

Teresa: Yeah. And, you know, let them know that you'll come and get them no matter what, any time. Um, and also in the same vein, talk to your child about what may be different at this person's house, right? Um, how to behave politely. Um, I... [laughs] I remember one morning waking up, and we had donuts for breakfast. They allowed me to pick a donut. I picked a donut that I thought I would like, took one bite, decided "Nope. Don't like it." I was too afraid to say to those parents that "I don't like this donut." But you know what I did? I ate all the icing off the top of the donut. And then when they said, "You didn't finish your donut," I said "I don't like it." And then they said, "Well, you just ate all the icing. Now nobody else can eat it either." [laughs]

Travis: Yeah. Um, I also think— to jump back real quick, because this just occurred to me— if a child is, you know, makes a new friend or whatever and there's talk of a sleepover, I think it's reasonable to say, like, "Well, how about we have a play date over there first, right?"

Teresa: Sure, absolutely.

Travis: So the kid can go over during the daylight hours, spend some time there. You know, you can go over and hang out too. So it's also not the child's first time going to the house is, like, when the sleepover happens, because then "Where's the bathroom?" Might give them anxiety. Or is there a dog that they might not— you know, maybe they're uncomfortable around animals or whatever. All that stuff.

Teresa: Absolutely. Um, and so if the sleepover is taking place at your home, um, make sure you talk to the parents of the kids that are coming over, and make sure you have the contact information of all the other guardians, right?

Travis: Mm-hmm.

Teresa: And it's important to talk about the rules at your home, uh, once the kids get there. If you're a no shoes house, let everybody know, right? That kind of stuff. It's very easy to take for granted that, you know, your house has these rules, but other homes have different rules. Um, and I would suggest that when the kids arrive, do a little house tour, right?

Travis: Yeah!

Teresa: Make sure they know where the kitchen is, what food is available to eat, um—

Travis: Where you keep glasses, how to get a drink if they want one.

Teresa: Where the bathroom is. Uh, you know, we have an alarm in our home. Make sure they know that if the alarm is on, how to tell that the alarm is on.

Travis: Aw, man. That happened to me one time where I was staying with my cousins. Uh, and I was, like, in college. But I had cousins who lived in Oklahoma, so I was staying with them once, and it was like, pretty warm in my room, and I didn't want to ask them to, like, adjust the whole thermostat for me. And it was, like, November. So, like, I just went to open the window.

Teresa: Ohh, and the alarm—

Travis: And there was an alarm on the window. And I just remember, like, my— basically— I think it was like my dad's cousins, so my second— I don't know. But, like, my uncle standing there, like, in his boxers and t-shirt like, "[gruff voice] Yeah, we have an alarm, by the way."

Teresa: [laughs]

Travis: And I was like, "Ah. Cool, man. Thanks."

Teresa: So go over that kind of stuff. And a good— this is a good opportunity to also show them their designated sleepover area. I remember when I had friends over, my mom very specifically would situate our sleeping bags so that our heads were together, so that we weren't talking across the room if we wanted to, like, do talking and games and stuff. We would be very, like, centrally located.

Also, mom and dad, why did you guys put us in the living room directly underneath your bedroom? Why did you do that?

Travis: We'll never know.

Teresa: I would not do that. [laughs] Um, let them know if you have extra blankets or pillows or things like that. Not everybody has a sleeping bag. Um, but also, you know, don't feel like you have to schedule everything. Kids are great at finding stuff to do. You can supervise, not tyrannize.

Travis: Ooh, I like that.

Teresa: And, uh, yeah. Thanks, Alex. She wrote that. Just— just do the best you can to treat those kids like you would want your kid to be treated. Maybe somebody has bed wetting problems, or emotionally they're not ready. Like, you know. Let them know that everything is cool, and you can let them go home, or whatever. I know that this seems pretty, like, "Okay, duh," kind of stuff. But, you know.

Travis: Well, but I— I mean, I think that, you know, empowering a child that comes in your house to, like, ask you for things, of just being like, "If you need anything, like, I'm right here. You can call me this." Like, this is the thing. I'll tell you, as a kid now and to an adult with plenty of anxiety, right? One of my, like, big anxiety kind of cycles, one of the these that often triggers my anxiety is when I don't know how a process works. When I don't know, like, "Ooh, do I ask them about that? Ooh, what do they do when it's time for this?" Right?

That kind of thing always makes me a little bit anxious, because I'm so afraid of getting it wrong or, like, asking a dumb question or whatever. And so saying to a kid, like, "And this is how this works, and if you need anything, I will be over here, and you can come ask me for this, and then you can call me this." Right? And answer questions preemptively empowers the child to, like, not be nervous about asking you for things.

Where if you said, "If you get anxious, if you get nervous, if you want to call your parents, the phone is over here, or you can ask me and I'll take care of it," or whatever. So that way they don't have to broach the subject.

Teresa: Right. And I would suggest... just putting it out there, you're probably not gonna get much sleep.

Travis: Yeah.

Teresa: You know? [laughs] It might be loud, even if you designate, like, a lights-off time. Um, you know, we've— you know, we keep saying that, you know, be available should any need arise to take people home or call home or whatever. Get some good coffee. You're probably not gonna sleep either.

Travis: Now, I have some questions here. May we dive into them?

Teresa: Absolutely.

Travis: Okay, great. Thank you. Um, this question is from Tensei.

"How old is too old to host a slumber party? Asking for a 33-year-old child."

Teresa: Oh. Um... host a slumber party. I don't know.

Travis: No.

Teresa: I don't think that there— if people are willing to come sleep over and party... seems fine to me.

Travis: I think— so, I... I want to remove stigma from it, because I don't think it's about an age thing, right? I think about this a lot, right? Because I have friends, um, that I'm very close with. And the idea of saying, like, "Do you wanna sleep at my house?" Is, like, here's the thing. I think the reason slumber parties represent such an amazing opportunity for kids is the freedom, right? We get to see each other at dark. Right? We get to make the plans. We get to hang out a long time. You don't have to go home at the end of the day, and that's always the worst— right?

But when you're an adult you have so much other freedom. Where it's like, "We can drive anywhere to go see a thing," or like, "We have money to order our own food, whatever we want."

And so oftentimes the thing you really love as an adult is the freedom to go to bed whenever you want.

Teresa: Yeah. [laughs]

Travis: Um, and so I think that the thing to keep in mind if you want to plan an adult slumber party is that it's an expectation thing, is you might have friends that if you're like, "Do you want to spend the night?" And they say "No," it might be because they're like me and it's already hard enough for them to fall asleep in their own bed.

Teresa: Or it might be because they're like me, and they go to bed at 10.
[laughs]

Travis: Right. I don't think that— I think it's perfectly fine to, you know, suggest anything. Especially if it's like, we're gonna have a New Year's Eve party, right? Where it's a thing centered around drinking, and so at the end of the day I don't want anyone to drive home drunk, so anybody is welcome to stay here if they wish. We've made up the guest bedroom, or we have sleeping bags, or whatever.

Teresa: Right.

Travis: And it's also about just, like, everybody should be able to relax and unwind in whatever they want to without having to worry about driving home at the end. Izzybutt asks:

"What's the etiquette on pranking?"

Teresa: Ooh. Uh, I would say golden rule all the way. Treat others how you want to be treated. If y'all are all okay with pranks, go ahead and have fun. But if there's even one person who's like, "Uh, that doesn't really sound like a good time." You can't.

Travis: Yeah.

Teresa: You just can't.

Travis: I think it's an expectation thing, right? And... [sighs] once again, man, this is— it gets a little tricky, because I don't think you can just take yes or no. If you're like— or I don't think you can just take yes for an answer is what I mean, right? If you're like, "Are you comfortable with pranking?"

And they're like, "[uncomfortably] Uh, yeah!" Then, like, that's not enthusiastic consent right there. You know, it's just like, you know what? I know that Travis is

a little anxious about this, and worries sometimes that he doesn't fit in. Make sure that whatever you're doing is like, it's only— you know, if you're the host say, like, "It's only fun if nobody's feelings get hurt." So any of the pranks are, like, completely silly-based, and not trying to embarrass anyone or anything like that.

Teresa: Yeah. Um, and I mean, I think that this— this is all about what kind of pranks are there, right? Like, the whole sticking someone's hand in the water is great— it's great on TV, but it never works.

Travis: It does work.

Teresa: You always spill the water, or the person wakes up when you're trying to move them, or anything like that. And then another one that was common for my age group was trying to, like, put something on their face, right? Like shaving cream or toothpaste or whatever. And then you— you kind of, like, tickle them or something.

Travis: Or you put it in their hand.

Teresa: You put them on their hand, that's right.

Travis: Yeah.

Teresa: And then you tickle their face, like, with a feather. Right? Um, I don't— I don't know if I like that. That makes kind of a big mess, and it also really never works. I am specifically against sharpie on skin.

Travis: Yeah.

Teresa: Specifically against that.

Travis: I'm a bigger fan— rather than pranks, like, a silly game, you know, that's like, uh, whenever somebody says this we all have to do this throughout the course of the night.

Teresa: Oh. [laughs] Like the secret word.

Travis: Sure.

Teresa: [laughs]

Travis: Something like that I think is a similar vibe, but everyone's involved. You know what I mean?

Teresa: Yeah, that's a great idea.

Travis: I think stuff like that. Um, Megan asks:

"As the kid who always woke up first, what is the etiquette for getting up?"

Teresa: Oh, man. I think that... [sighs heavily]... as a kid, I never woke up first. I was always asleep. And I didn't want to be woken up. I didn't like it. [laughs]

Travis: That doesn't surprise me at all.

Teresa: [laughs] I think you have to find something quiet to do.

Travis: Yeah. I think once again, I know myself. I know that I'm the kind of person even now that if I wake up and I don't immediately fall back asleep, I'm *up*. You know what I mean? So you could bring a book with you, you could bring headphones and, you know, a tablet or whatever. And once again, this is setting yourself up for success. Like, thi— you know, we had a bunch of people ask, like, "What if you're the host and you want to fall asleep first?" Or "What if you're the host and everybody needs to leave at a certain time the next day?" You tell 'em! Right? Or you say like, "What if you're the host and everyone's up before you?" Then you say like, "Hey, if you guys get up before me, I tend to sleep late, feel free to go in the kitchen and grab, you know, some fruit off the platter, or have a bowl of cereal or whatever." Or "Everyone can go downstairs and watch TV and I'm gonna keep sleeping," or whatever. And so that way there's not any confusion.

Teresa: Mm-hmm.

Travis: When it's just like, "[mumbling indistinctly] Oh, should we wake them up?" And you don't have to say the like, "Welp. Looks like... gettin' pretty late this morning!" Right?

Teresa: [laughs]

Travis: All of that stuff I think is just stuff that you can, like, touch on ahead of time to make sure everybody knows the plan.

Teresa: Right.

Travis: I like a plan. It makes me happy. Um, let's see. How much planning—this is from Carly Olsen.

"How much planning should be done? Should I choose the movies and games beforehand?"

I personally like to have a selection of things.

Teresa: I think that's it. Have a couple choices that you'd be okay with, um, and you know, respect the majority rule. I remember I went to a sleepover birthday party for a friend whose birthday happened to be Halloween-ish as well. Um, I think her birthday is actually on Halloween. Anyway, it was kind of a tradition that it would be a scary movie that we would watch. I'm not into that. Um, so even then, was not into that. I remember... oh, it wasn't even super scary. It was a...

Travis: Was it like *Halloweentown*?

Teresa: No, it was like, *Peanut—Peanut Butter Solution*?

Travis: Oh, no! *Peanut Butter Solution*'s messed up! Kid's hair keeps growin'! What? Weird!

Teresa: [laughs] I was— I was weirded out, so I left the room. And I went upstairs, I think, and I, like, hung out with their mom or something. Right? But that's me. I didn't say "No, we can't watch that movie because I'm a scaredy-cat," even though I am. There was like— I understood that the majority of people wanted to watch it, and that's what they chose, so I don't wanna watch it. So I left. [laughs quietly] Came back later. It seemed fine.

Travis: Uh, our last question here, on behalf of an 11-year-old daughter, Kate Callmeyer asks:

"What should you wear to sleep?"

Teresa: Um, I would say... I mean, definitely be comfortable. But also don't feel like you have to wear, like... I don't know. Like, those matching PJ sets or whatever, right?

Travis: I would probably, just me, make sure it is, like, a shirt pant thing where I'm not gonna be too hot, not gonna be too cold. Something I'm comfortable— uh, something I'm comfortable wearing around people. Like, 'cause here's the thing. Right, parents? I don't know if you guys do this, but Bebe is five now, and we still have some, like, pajamas that are like 4T that basically fit, you know what I mean? Like, I probably wouldn't send her in those.

Teresa: [laughs]

Travis: I would send her in the close that, like, actually fit, and look a little newer. That's just me.

Teresa: But I wouldn't feel pressure to go out and buy, like, brand new PJs or whatever. Um, I think that as long as you are comfortable and you can move, because I'm thinking about sometimes the girls like to wear, like, nightgowns and stuff. I don't think that I would send someone in a nightgown that didn't have, like, shorties underneath. You know? Just because—

Travis: Just 'cause you know what games— I mean—

Teresa: You don't know what games your gonna play. Maybe you're playing Twister and you don't want the—

Travis: You butt in someone's face.

Teresa: Yeah.

Travis: Yeah, absolutely. Alright. Well, that's gonna do it for us. Thank you so much for joining us. Thank you to Alex, our researcher, without whom we would not be able to make this show. Thank you to Rachel, our editor, without whom we would not be able to make this show. And thank you to you, the listener. We could make this show without you, but why? But why? Thank you to Maximumfun.org, our podcast home. Check out all the other amazing shows there. Thank you to my family for being my family, and having great shows.

Teresa: [laughs]

Travis: You can check 'em all out at mcelroy.family. Um, you can check out all the new and preexisting amazing merch at mcelroymerch.com. There's a lot of cool stuff there. What else, Teresa?

Teresa: Oh, wait. Oh, I wanted to say that if any young ones are listening, help clean up! That's a great way to get another slumber party.

Travis: That's true.

Teresa: Thank you to Brent "brentalfloss" Black for writing our theme music, which is available as a ringtone where those are found. Thank you to Kayla M. Wasil for our Twitter thumbnail art. That's @shmannerscast, and that's where we get a lot of our great listener-submitted questions. Thank you to Bruja Betty Pinup Photography for the cover picture of our fan run Facebook group, *Shmanners* Fanners. If you love to give and get excellent advice from other fans, go ahead and join that group today. Uh, you submit your topic suggestions and your idioms, we're compiling another one as we speak, another idioms episode, to shmannerscast@gmail.com. And say hi to Alex, 'cause she reads every single email.

Travis: And that's gonna do it for us, so join us again next week.

Teresa: No RSVP required.

Travis: You've been listening to *Shmanners*...

Teresa: Manners, *Shmanners*. Get it?

[theme music plays]

[chord]

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