



IT'S MY  
BIRTHDAY!

*We're having  
a party!*



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## BIRTHDAY PARTIES AND YOUNG CHILDREN MYTHS

- It should be a party that your child always remembers
- It should be the party that you always wanted
- The bigger the better
- It should be based on the latest trend or theme
- It should be expensive





## THREE MAJOR CONSIDERATIONS FOR CHILD'S PARTY PLANNING

**Child's  
age**

**Child's  
interest**

**Your  
budget**



BEFORE  
OVERSPENDING  
REMEMBER

Young children like simple, basic fun

Spending a lot does not mean that your child  
will enjoy more

Overspending can result in your having  
unrealistic expectations of your child and  
guest's enjoyment

Are you spending for your child's enjoyment  
or your own sense of what you would like?

# WHO SHOULD WE INVITE?

Kids that your  
child enjoys  
spending time  
with

Kids who are in  
your child's age  
range

Kids who are  
likely to attend

Remember –  
When you invite  
over 10 kids, the  
party becomes  
less intimate,  
louder and harder  
to manage



## CHOOSING A LOCATION

- Is conveniently located
- Has adequate space for kids to run and play
- Is child proofed and safe for age group
- Has convenient bathroom
- Has quiet area
- Remember that outdoor parties can be fun (weather permitting)
- Allows for fun



# WHEN YOU ARE DOING TOO MUCH

## Overstimulating

- Too many people
- Wide age range of children
- A loud venue
- Too many rambunctious activities
- Too many gifts – yes, that’s a real thing!





## PARTY FOOD FOR CHILDREN- KEEP IT SIMPLE

- Food that they recognize and like
- Food that looks appetizing
- Some finger foods
- Mindful of allergies
  - Ask in advance about allergies
  - Consider labeling food





# WHAT ARE THEY GOING TO DO - MAKE IT INTERACTIVE

## Age appropriate

- Games
- Arts and crafts
- Treasure hunts
- Movie related to theme





## TIMING IS CRUCIAL

- Avoid telling your child about the party too far in advance
- Hold party during time when your child is alert and well rested
- For children under five years old, a two-hour maximum for a party typically works well

