

IT'S MY 5TH BIRTHDAY: PARTIES FOR YOUNG CHILDREN



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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 you 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 is works well

