



Celebrations During Social Distancing

Healthier Urban Families Outreach Program



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MERRILL PALMER
SKILLMAN INSTITUTE

100 YEARS

*for Child & Family
Development*

Celebrations are Important to Families

- You are important
- Your are recognized
- Your are accomplished
- We are proud



Children and Youth Love Celebrations

- Anticipation
- Recognition
- Fun with family and peers
- Gifts



Our New Social Distancing Normal



Prom and Graduation are Important



Excitement throughout senior year



Rite of passage



Youth and family pride



Anticipated social events

When Celebrations Can't Happen in Normal Way: Acknowledge your Child and Youth's

Disappointment

Feelings of Unfairness

Feelings of Why Me?

Confusion

Anger

Then: Work Together to Creatively Celebrate

- Show excitement within your household
- Start a celebration planning committee
 - Your child
 - Your child's friends
 - Family members
 - Teachers or other adults important to your child



Let Other's Know of Your Child/Youth's Event



Make and send paper or e/announcements



Make yard or garage grad signs



Decorate your car

Pictures and Tributes from Family/Friends

Favorite picture of
child/youth

Funny stories about
child/youth

Best thing about
child/youth

Gift Giving Opportunities



Very specific suggestions



Gifts that can be delivered by mail



Consider e-gift cards



Consider financial challenges of others

Plan a Fun Video Party (FB Live, Zoom)

01

Consider
separate
party for
family
and
youth's
friends

02

Ask your
child/you
the for an
invite list

03

Send out
paper or
e-invites

04

Go all
out –
music,
food, fun
activities

Your Family is Left with Knowing

- Something big and important has happened
- In spite of changes in the world, joyful things still happen
- People are at least as important as the event
- There are times in life where we are flexible and simply do our best
- Acknowledging change helps your child/youth to grow and move on



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If you would like additional information,
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