

Let's go to a birthday party!

Birthday parties can be fun celebrations for children and families with birthday games, party food and cake! They can also be quite overwhelming for children. Here are some ideas we hope will help.



Where to start

Considerations:

- ❖ Supervision (Will parents stay or drop children off?)
- ❖ Access and amenities for your child to join in
- ❖ Dietary requirements (eg allergies, food sensitivities)
- ❖ Your child's ability/ support needs to participate in the party games and activities
- ❖ Your child's ability/ support needs to interact with others

Talking with others about your child's disability can sometimes be difficult - what you choose to share with others is entirely up to you. The information you do choose to share may help others develop good relationships with your child and to better understand how they can help your child join in certain activities.

You may want to share the Shaping Outcomes *inclusion guide*, *inclusion tips* and/or the *disability factsheets* with the birthday party host.

You can prepare your child for a birthday party by:

- ❖ Reading stories or watching videos about birthday parties
- ❖ Playing and practicing birthday party activities (eg games like pass the parcel that require taking turns and waiting)
- ❖ Using visual supports to prepare your child for what happens at birthday parties: where will it be, who will be there, what will happen there
- ❖ Developing a social story for your child about birthday parties

By understanding **what will happen** and **what is expected of them**, your child will feel less anxious or confused.

Be prepared with supports for your child's **sensory needs** – you may wish work with your early intervention specialist to develop a sensory profile for you child.

**While being prepared will give you the best chance to succeed, things don't always go to plan.
Reflect on what worked and what didn't to help you plan for your next outing.**

For further information and ideas about going to birthday parties:

www.all-in.com.au/

www.raisingchildren.net.au/family_life/disabilities_family_life.html

If you would like more information about community inclusion, we have developed a series of factsheets and checklists for families and communities.

These can be found at:

<http://www.directory.byronearlyintervention.org.au/>



Shaping Outcomes

early childhood intervention service

> because we can