

How to manage birthday parties: HOSTING

What to let go of:

- It is okay if some children might not want to talk to people at the event
- It is okay if some children only want to stay there for a limited amount of time
- Some children's style of friendship and/or communication will look different to how we socialise... This is okay!
- Things may not run according to the right times or plans, but that is the beauty of it!
- Your guests might not like the activities you put on- this is normal!
- Your guests might be enjoying your activity and participating in their own way... All ways are okay!



What to prepare for:

- It may be loud and overstimulating for some children: Make sure there is a quiet room where those who need it can go to for space and a break
- Let the guests know if there are specific details for the event. For example: What the place might look like, or if there are any other details worth knowing. Providing this would be helpful for both children and adults!
- Not all children will like the same activities. Providing back up activities might be a good way of getting everyone involved
- Some children might need some extra facilitation for socialising or engaging with activities

Our top 7 tips for hosts:



- 1. Prepare more than one activity for those who have other interests**
- 2. Provide a schedule and key information for the adults so they can best prepare their child ahead of the party**
- 3. Have an additional adult on hand for quiet spaces, or if the children need a break**
- 4. Allow for extra time to transition between activities**
- 5. Provide a range of sitting, moving and calming activities to regulate their bodies**
- 6. Encourage children to include each other - Some kids find it difficult to engage in communication. Adult facilitation is key!**
- 7. Speak to school for advice**

How to manage birthday parties:

ATTENDING THE PARTY

What to let go of:

- It is okay if your child might not want to talk to people at the event
- It is okay if your child only wants to stay there for a limited amount of time
- It is okay if your child does not like the activities on offer. Some might have interests that others may not!
- Things may not run according to the right times or plans, but that is the beauty of it!



What to prepare for:

- It might be loud and overstimulating for your child: pack some ear defenders and sensory toys to help soothe them
- Let your child know if there is a schedule or specific information for the event. This might include showing them pictures of where the venue is to prepare them
- There will be things like balloons, singing, and candles/fires. If these are triggers, talk through what your child can do (walk out of the space, wear ear defenders)
- If your child is a selective eater, pack some extra snacks for them in case they don't eat the food at the event

Our top 5 tips for guests:



- 1. Prepare your child by reminding them of party activities that might be stimulating (balloons, singing, candles, music)**
- 2. Give the children the space to do what is most comfortable for them**
- 3. Prepare all of the tools they might need to regulate (ear defenders, favourite toy, fidget or sensory toys)**
- 4. If your child is a selective eater, be sure to prepare some extra snacks in case they don't fancy the food at the party**
- 5. Don't put pressure on them to socialise with others if they don't want to**