

# TOP TIPS for celebrations

## Healthy alternatives for birthdays and special occasions

**It is common, that for birthdays and other special occasions, parents bring cake or sweets for the child to share with the other children. This can be complicated in terms of allergies but also contradict the setting approach to healthy eating.**

Department for Education guidance recommends that it should be suggested to parents that they bring non-edible options to celebrate such as bubbles or stickers. The guidance does also suggest food options such as fruit platters.

Here are some ideas on how to celebrate within your settings and comply with the new guidance.

## How we can celebrate

- ★ A fake cake with a candle - 'Happy Birthday' is sung to the birthday child/children and they can blow the candle out
- ★ The birthday child picks a game for everyone to play
- ★ A birthday card is made by the setting
- ★ A favourite song is chosen for everyone to dance to together
- ★ The birthday child wears the setting's birthday crown for the day
- ★ The birthday child keeps the setting's 'birthday bear' with them for the day



## What parents can send in to celebrate



# Bubbles

## Stickers

## ● Colouring packs

