

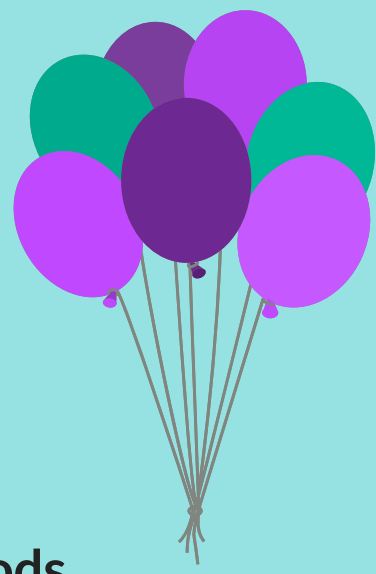
CELEBRATIONS IN NURSERY

Celebrations are often based around sweets, cakes & biscuits; while the occasional treat in moderation is okay, when there are a large number of children in a nursery this can sometimes be a daily event

It may lead to an unhealthy relationship with food; children may begin to associate foods such as sweets, cakes and chocolate with rewards and praise

This may lead to comfort eating on unhealthy foods

Not all parents will bring the same type or quantity of food for their child's birthday; some children may therefore feel left out or that their birthday is less special if they do not have the party food like their friends



1 SONGS

Singing 'happy birthday' or a traditional cultural song



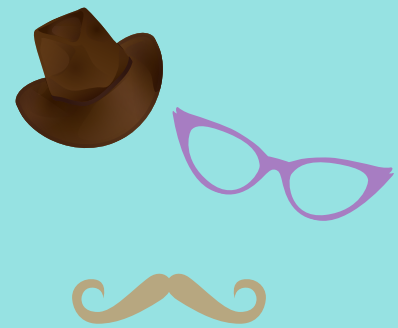
2 DECORATIONS

Try decorating the room with balloons & streamers. Get the children involved in doing this and coming up with ideas.



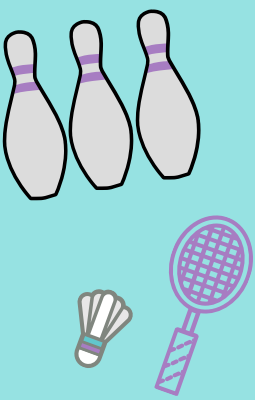
3 DRESSING UP

Encourage the children to dress up, wear traditional dress or party hats. They could also wear a happy birthday badge or sticker for the day



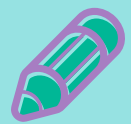
4 PARTY GAMES

Play party games together such as Musical statues, Musical chairs, pin the tail on the conkey, pass the parcel, bubbles, skittles etc.



5 PARTY BAGS

Suggest parents bring in party bags containing non-food items such as crayons, stickers, balloons, whistles.



6 MODEL BIRTHDAY CAKE

A model birthday cake made out of play dough so the ritual remains and all children get the same



Alternative arrangements to celebrate special events should be incorporated into your 'Food and Nutrition Policy'