

Mia's Birthday Party Planning Guide

Simpler Prep for Superfun Parties!

Think through these items about one month before your child's birthday party. The most important thing is the theme, and kids are not always into the same thing three months in advance! A tip about themes is observe your kids to see what they are into, but remember that you should be the one to pick a theme based on what you see until they are about 9, and then maybe give them some choices...

Notes on parties not held at home

- 1 Book in advance so you get a time that works for your child and your family.
- 2 Remember, you can bring good, healthy food — hummus and veggies, fruit, or even a pitcher of smoothies is easy to transport.
- 3 Add your homemade touch to the invitation and the decorations.

A theme framework

We have suggested some specific themes to the right, but the possibilities are endless!

A place – India, China, Japan

A costume – pajama party, hat party

An animal – penguin, owls, dogs, fish

School – the topic of the month

A time – ancient history, the future

A favorite toy — trains, dolls, space

A hobby – music, ballet, soccer

If you are holding the party at a venue, your theme could be a color, or the activity you are doing (bowling, gymnastics, climbing)

Theme: A doll fete

Food: Tea sandwiches, small desserts, and herbal tea

Craft: Decorating small canvas bags, doll bracelets, or doll food

Outdoors: Take dolls for a walk

Favor: The craft

Theme: Native Americans

Food: Anything with corn or pumpkin

Craft: Corn Husk dolls, teepees, necklaces, dream catchers

Outdoors: Google "Native American Games", do a scavenger hunt with age-appropriate, theme-based clues

Favor: The craft

Theme: Egypt (age 8+)

Food: Kushari (made gluten-free), Ful Medames

Activity: Make pyramids, ancient bread, mummies

Outdoors: A treasure hunt with age-appropriate clues

Favor: A small stone pyramid, a stone/gem that is buried treasure

Theme: Winter Wonderland

Food: Coconut covered anything, hot chocolate, hot soup

Activity: Make winter peg people, learn to crochet (start a scarf), make snowflakes, read a winter-themed book, make penguins

Outdoors: Walk on ice, go sledding, build an igloo

Favor: The craft, or supplies to finish, do or embellish the craft

Theme: Japanese Tea Party

Food: Veggie sushi, mochi, tea

Activity: Origami cranes

Outdoors: Red Light Green Light

Favor: Fans, chopsticks, origami paper

Theme: Your child's favorite book

Food: Use your imagination: Does the book mention anything? How can you make a healthy version?

Activity: Read the book aloud, make a puppet show for younger kids, create a craft based on the book, make your own books

Outdoors: Is there a game in the book, or is there an adventure?

Favor: The book if it is inexpensive in soft cover, or the craft if you do one

Theme: Something simple for little ones!

Food: Cut fruit, banana muffins, tea

Activity: Make play dough (play and then take some home), read a story, make instruments and sing, decorate a puppet and watch a puppet show (with mom and dad as the puppeteers)

Outdoors: Roll balls, throw bean bags into baskets

Favor: the Playdough and a wooden rolling pin

Theme: Magic

Food: Unexpected hidden things like jam in a muffin, or chocolate at the bottom of warm almond milk

Activity: Learn tricks, make the supplies for tricks

Outdoors: Hide and seek

Favor: Give everyone a deck of cards

Theme: Mexican Fiesta

Food: Tacos, guacamole, salsa, cut veggie sticks, limeade, watermelon skewers

Activity: Piñata (stuffed with stickers, stamps, and pencils), make paper flowers in bright colors

Outdoors: Learn to dance

Favor: Little "worry doll", a paper vase kit for the paper flowers