



## FOR SCHOOL BIRTHDAY CELEBRATIONS

Birthdays are very special days to honor and celebrate your child. All too often that purpose is lost and the focus becomes who brings in the biggest and best treats. As a result, bringing in the birthday treat can be a lot of unnecessary pressure on busy parents. With recent reports that say 1 in 3 children born in the year 2000 will develop type II diabetes in their lifetime, this is the perfect time to consider changing the focus from the frosting to the child. Healthy eating habits can help prevent Type II diabetes, heart disease, and high blood pressure.

Since a classroom may have 25 or more students celebrating birthdays along with the holiday celebrations, parties can turn into weekly events. Finding other ways to make your birthday child the “star” for the day can make all children shine. Talk to your child’s teacher and other parents about healthy ways to celebrate birthdays in the classroom.

### Tips for Families

Donate a book to the classroom library/school library in honor of your child. This is a gift that will last for years to come.

Donate recess equipment in your child’s name for the classroom to use. (BALLS, JUMP ROPES, HULA HOOPS, FRISBEES, ETC.)

Come to school to read a book and have lunch with your child.

The afternoon before your child’s birthday, ask if you can decorate their desk, chair, or locker.

Donate an indoor game or activity in your child’s name that can be used for indoor recess on bad weather days.

### Tips to Discuss with the Teacher

Create a construction paper balloon and have classmates write well wishes to your child.

Have students draw a picture of why the birthday child is fun and create a book of those as a birthday present.

Have your child play their favorite game with classmates.

Create a birthday crown to be worn for the day.

Ask if the class can get an extra recess or an extra “special” of your child’s choice.

Class dance party or karaoke.

Celebrate monthly birthdays and work with other parents to help students plan an activity and bring a healthy snack. See 5-4-3-2-1 Go! Snacks for ideas.

REFERENCES USED | Healthy Celebrations – Connecticut Department of Education

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Families • GO! School Birthday Celebrations

Michigan Nutrition Standards

BE FIT. LOOK GOOD. FEEL STRONG.

