

Celebrating Birthdays without Party Food



Celebrating birthdays in early years settings is a joyful and important tradition that doesn't have to revolve around traditional party food.

Focusing on activities beyond party food can help:

- Ensure all children can take part, regardless of dietary needs or restrictions
- Support healthy habits and positive food relationships from an early age
- Keep celebrations consistent with your setting's healthy eating aims

These ideas offer meaningful ways to mark special occasions while creating a fun, inclusive atmosphere for everyone:

Circle Time Activities

e.g. singing, special birthday songs, birthday walk, special stickers, birthday train, birthday chair

Birthday Hat

Child wears a birthday hat for the session, and could make/decorate their own birthday hat or crown

Party Games

Special party games, e.g. musical statues, musical bumps, pass the parcel

Treat Box / Bag

Child can choose a treat from the bag e.g. small toy, pencil, crayons, balloon

Musical activities

Singing, special birthday songs, dancing, musical instruments e.g. maracas & percussion

Craft Activities

Birthday-related craft e.g. decorating a birthday banner, or making finger-print cards