

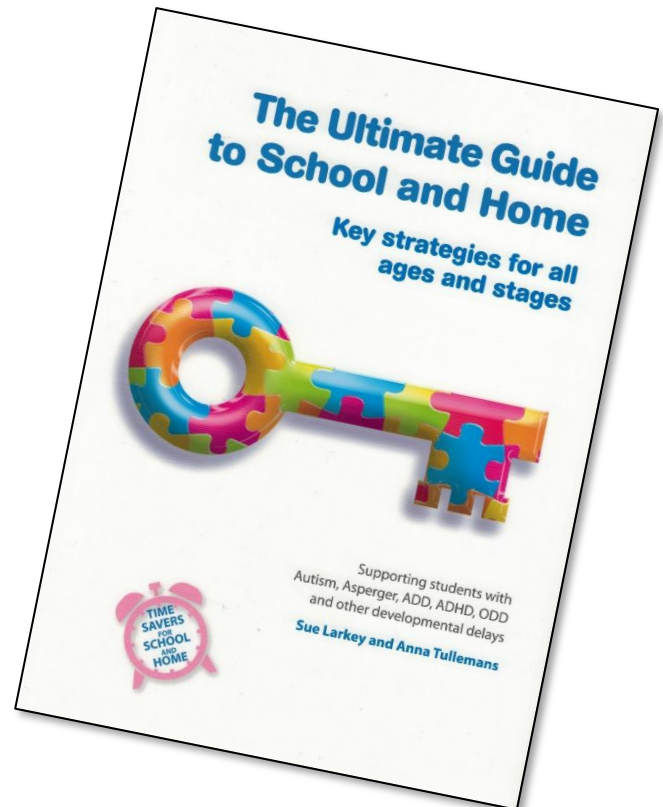


## Birthday Parties

Birthday parties can be either be fantastic, fun times or can go horribly wrong. If you prepare and plan the morning/afternoon it can be a lot of fun for you, your Autism Spectrum child and the children who come.

### Key Strategies for Birthday Parties

- Only have as many children as your child can handle.
- Remember your child may need to take a break from the noise etc. You can step in and play with the other children to keep them occupied.
- Have an area where your child can retreat to. (Practice this before the party)
- Have the party in the park.
- Better to keep it short and successful.
- Let them know your child's timings of games, food, cake etc. (especially if your child has very definite ideas of when food should be served etc.
- Don't always work at home in the early years. See if you can use the preschool kindergarten after hours.



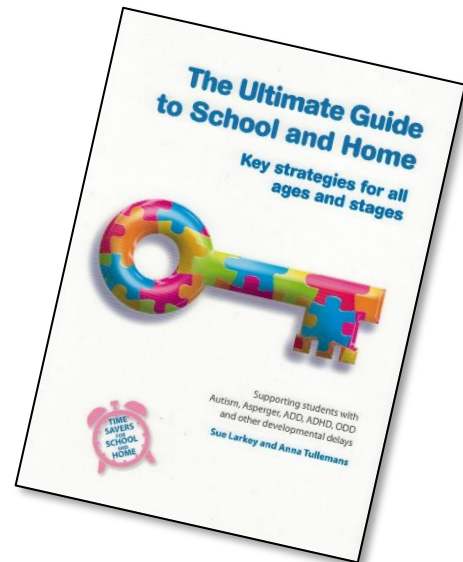
### Key Strategies for parties at home

- Remember to set up rules.
- Ensure no-one touches the child's toys or their 'things' in their room (lock the door etc).
- Have games to play that they know.

# Birthday Parties

## Key Strategies cont'd

- Have a safe place.
- Parents need to join in and play with other children.
- Only have decorations that the child can cope with
  - No balloons bursting
  - Or unexpected water fights.
- Have themes around the child's interests.
- Have a sensory party, with sensory games and sensory food items.



### Birthday Parties

**We always had a theme party for our son. Some were pirate parties, science parties, superhero parties. We structured the activities so that there was some rest, solitude, and some time out from people at the party so that our son could cope better.**

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