

Birthday' Celebration Guide for Primary Montessori Day School

Birthdays are very special at Primary Montessori Day School. **We let the birthday child know how cherished they are, and how our life and world is better because they were born.**

At our school, we talk about the journey from their birth to the present day. We walk down memory lane



with photos (if provided) and talk about milestones at each age. All of the children make a large circle around a sun that has been placed on the floor. The birthday child stands beside the label that has their birth month on it holding the globe. The parent or teacher lights the candle to signify the moment the child was born. The teacher then begins to tell the child's story—from birth, through various age milestones, until the child has circled the sun for each year of their life.

Then, to complete the celebration, the children sing “Happy Birthday” to the birthday child. The child makes a wish and blows the candle out. Parents are always welcome to come in for the celebration at 9:15am—just let us know. We will have you participate in the discussion regarding your child's special milestones (first word, favorite food, etc.).

*** Please note—if you have a young child in the “Two's” or Primary level class—you may need to be prepared to take them home with you after the celebration if you choose to attend. It can be very hard for young children to have you come in and then leave.*

Birthday Treat Guidelines:

Parent's may send in a special birthday treat for their child's class if they wish. This is not mandatory—the celebration occurs either way. However, if you would like to send in a treat—we ask that you please adhere to the following guidelines. Thank you!

- **No cupcakes, cake, donuts, or cookies**—or other such sugary item. No icing.
- **Treats should be small in size**
- Snacks must have **labeled ingredients**— as some children have allergies.
- **Ideas:** Fruit cups or kebabs, fruit snacks, apple sauce, yogurt covered pretzels or raisins, jello, squeezable yogurt, strawberries, small healthy granola bars, 100% fruit roll-ups, ice-cream cone filled with chopped fruit, cheese, popcorn cups, **MINI** muffins without icing (banana, blueberry, etc.), cinnamon tortillas with fruit salsa, berries and whipped cream, small slices of banana/pear/zucchini bread, watermelon slices on a stick, etc. be creative but please keep it small, healthy and low in sugar!

