



The Birthaversary 15 Guidelines

Plan ahead.

- Decide on the time and location.
- Find out what the child wants to do.
- Suggestions allowed.
- Pack your Birthaversary Bag
- No food.
- No gifts.

On the day:

- Sing Happy Birthaversary to the child.
- All Family members in the house join in.
- Choose a quiet location.
- Set the timer for 15 minutes. Stay a bit longer if you can.
- Let the child be the boss of their time.
- Take a picture.

**** Try virtual meetings for out-of-town loved ones.**