

10

WAYS

TO SHOW YOUR CHILD
EXTRA LOVE ON THEIR
BIRTHDAY



I **LOVE** birthdays!

I love my birthday, my kids birthdays, and I aim to make birthdays special for the people in my life in any way I can. It can be pricey to go all out, but it doesn't have to be! In this free e-book, I'm sharing 10 ways to show your child (or niece, nephew, grandchild, friend) **extra** love on their birthday, hope this helps you do something **FUN** and memorable!

It is in the tangible memories that I hope my children will look back at childhood and never doubt they were loved, and gives them the confidence to go out into the world and be the **GOOD**. Seems silly, but I believe it's in these special days that make a difference.

♥ Kristen Joy Duke

1. PHOTO SHOOT

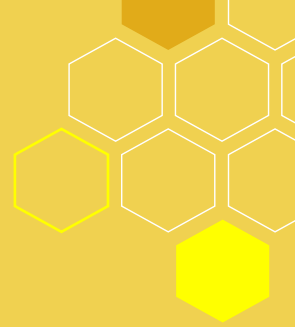


Have a personal photo shoot — Whether you are a photographer or just a mom who adores your child, take them on an outing to snap a few pictures of them solo. They will feel special with the alone time, and it's important to have individual shots of just them. Snap a pic of the two of you while you are at it ... selfie or timer!

2. BREAKFAST IN BED

Breakfast in bed — Waking up to a favorite meal never hurt anyone. Use a cookie sheet if you don't have a tray, make something fun and unique on their special day.

3. BIRTHDAY BANNER



Birthday banner — I've got a reusable banner ([buy here](#)) that I pull out each year and put it up in a family area, but you can also print off this banner I've shared on my website and make it yourself ([download](#)).

4. PICK DINNER



Pick dinner — whether you eat out as a family or have a meal at home, it's a fun tradition to have the birthday child pick the meal. It's always fun to hear what is a favorite. Sometimes it stays the same, others it changes up from year to year.

5. WRITTEN WORD

List 10 ways you love them on their 10th — I'm always a big fan of the written word. Thoughts or feelings about your child that they can keep and refer back to, and treasure. Make a list of 10 things on the 10th, and so on. Or just write a letter expressing love. You can also use this TOP 10 print as well ([here](#)).

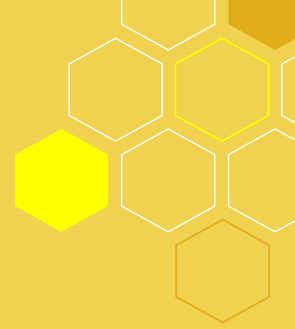
6. THEME CAKE OR PARTY

Theme cake or party — I love throwing theme parties, and I like to do them every year. You can see all the parties I've done ([here](#)). Some years I go **ALL OUT**, others I'm more reserved, and it depends on the child as well. I love a good visual celebration, something that they will look back on and remember because it was a big deal.

7. SHOW UP AT SCHOOL EVENTS

Birthday plate — We made a birthday plate years ago, and our kids love to pull it out and feel special using it at home on their birthdays. See ours [here](#).

8. BIRTHDAY CAPE OR HAT



Birthday cape or hat — I teach a class and have used a birthday cape for years, but a fun re-usable cap is also a great thing to keep on hand at home. Here is a cute hat ([here](#)) or a headband ([here](#)) or glasses ([here](#)).

9. WAKE UP TO BALLOONS



Wake up to balloons — I LOVE balloons, and I think it's so fun to blow them up, either with helium or not, and have the kids wake up to them. I shared 40 Ways to Use Balloons for Birthdays [here](#).

10. YEARLY INTERVIEW



Yearly interview — This can be at a restaurant, an outing, and home and with mom and/or dad, but I love the idea of an interview to have a great one on one conversation with your kids, hear some highlights from the last year and what they look forward to. It's also great to discuss challenges and how they've overcome them, or tips to help improve in that effort.

We only get one birthday a year, and I believe they are meant to feel special. To help me remember birthdays of people I love I use this one page calendar and keep it in a place I see often. Its a free printable if you'd like to use it , too ([download](#)).

It's also fun to have a birthday photo booth, and I've used these free printable designs in the past as well ([download](#)).