

Celebrating birthdays in the nursery policy

Policy statement

Here at Merry Kidz day nursery we want all children to enjoy and if they want to celebrate their birthday with us. As we follow a healthy eating routine we keep parties to a minimum. We advise parents/ carers to replace sugary foods like cupcakes, cakes, doughnuts, candies with healthier options. However, on this occasion, finger size treat will be allowed. All food items must arrive unopened as packaged by the manufacturer. This ensures that the birthday treats meet the daycare standards for nutrition and safety. And children's allergy will be able to enjoy them too.

By implementing these healthy birthday treat guidelines, Merry Kidz day nursery aims to create a positive and nutritious environment for children during birthday celebrations. This policy promotes healthy eating habits and reduce the consumption of sugary and potentially allergic foods.

Policy provision

- Please remember it is not necessary to bring in anything for birthday celebrations. Each child will be treated in a special way on his birthday day.
- If your child suffers from an allergy, please ensure staff are informed.
- Staff will ensure that the allergens are checked, and alternative will be provided if it's unsuitable for your child. Children's health and well-being is of the

upmost importance to us, and we do everything in our power to ensure all dietary requirements are met.

- All food items must arrive unopened as packaged by the manufacturer with ingredient content.
- Home baked cakes/ buns other homemade treats will not be accepted.
- We do not permit any other foods to the nursery for the party.
- Each child is given a finger of treat, and any leftovers are sent home.
- For parents/ caterers who do not wish for their child to receive birthday cake a healthy substitute will be offered.
- To create a safe environment for children with food allergies, we ask that you do not send in birthday cake containing peanut butter, nuts, milk or eggs.
- All the goodie bags provided for those who attending the birthday party should be food free. It can contain stickers, small bottles of bubbles, small containers of play dough, crayons, coloring books, markers, stencils, pencils, etc.
- All goodie bags will be passed out to parents as children are leaving class.