



Tips for Virtual Celebrations

- Consult with your co-parent beforehand. What will be feasible according to their schedule? You don't want to add any stress or tension by planning things that will inconvenience anyone.
- Utilize a platform that allows you to maintain face-to-face contact (rather than rely only on audio).
- Consider your child's age and developmental level as you plan topics or activities for the celebration: for ex., a young child will not be able to sit and watch a full-length movie with you, while an older child might. A young child may do better with short, more frequent activities.
- Ask your child for input! What would he/she like to do? You'll get better engagement from him/her if you plan something you know he/she will enjoy!
- Make it interactive: play a game together, cook a recipe together (if your child is able to, or if your child has support), do a holiday sing-along, mail out gifts beforehand, and open them during the virtual celebration.
- Allow other family members around you to be a part of the virtual celebration as well. The more, the merrier!