



Plan a Special Family Day

Give your child one real part of a family celebration to plan.

Helps Your Child Grow



Sense of Identity and Belonging

Planning and completing one real task for a special family day gives your child a concrete reason to feel capable and proud of following through.



Cognitive Self-Regulation (Executive Functioning)

Remembering and completing a small preparation task helps your child hold information in mind and use it to finish a goal.

Steps

- For your next family picnic or celebration, let your child plan one small part of the day.
- Set a clear scope with concrete tasks: “Tomorrow we’re having a picnic. Please choose one snack, one toy, and one thing you’d like to perform or share.”
- Let your child decide the details. As long as the plan is safe and considerate of others, make room for their choices.
- If the snack is not the option you would have picked, let it be part of this special occasion. If your child wants to perform, help them find a prop or choose music.
- Notice the planning as it happens: “You chose the snack and prepared something to share. I’m excited to see your plan.”
- Completing a real, manageable responsibility gives your child a reason to feel capable and proud.

Tips

- Make the responsibility specific and limited. Clear tasks are easier to remember, complete, and feel proud of.

Observations

- Looks proud after completing the task
- Recalls their own small tasks, such as bringing snacks or toys and preparing something to perform