SLEEPS UNTIL



THE thriving HOME

1. Print and cut out each number below. (I like to laminate botht he numbers and the sheet for durability, but it's not compulsory)
2. Stick all the numbers onto the birthday countdown poster using blutak.
3. As you enter the last 10 days of the birthday countdown, get your child to remove a number (from 10-1) off the hands.
4. Kids love this activity and it gives them a bit of control during a time that can be overwhelming for some kids.



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