

## **Zaanti Baby Shower Guide**

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## *1. Baby Shower – A brief history and overview*

It is not possible to say exactly when or where the “baby shower” idea originated. Although there are various theories, these cannot be proven. However and wherever it all started, we are happy it did, as it can only be a positive and fulfilling experience to celebrate a new life.

Some evidence of baby showers has been found by historians dating back to ancient Roman and Egyptian cultures, although there is no definitive proof of this. Many ancient cultures take the celebration of a new life serious, and this continues in today’s society.

These celebrations from past times consisted of the giving of handmade gifts such as clothing, food, blankets, money and many more items for the new family. Of course the most famous gifts bestowed on a new born were Gold, Frankincense and Myrrh. Not many people however can afford or acquire these today, so any gift that can benefit the new family is greatly appreciated. Previously these baby showers took place after the birth of the baby and often included viewing of the new baby.

The format of the “baby shower” we celebrate today began after World War II, where friends and family organised a party to celebrate the birth of a new baby. Initially only women, attended these gatherings, but this soon changed and many fathers, grandfathers and male family members also attended. In recent years, the baby shower tends to occur before the actual birth of the baby. Buying the wrong gift is also a thing of the past, with new technology enabling the parents to find out the sex of their baby before the birth. Also there are huge ranges of “unisex” and “neutral” baby gifts if the sex of the baby is not known.

Today baby showers are wonderful events enjoyed by expectant parents, where family and friends give generously toward the event whether in its organisation or bestowing gifts.

These days the theme or venue of the baby shower can be varied, although most common is an afternoon tea, held with close friends and family, and involving some games, gift opening, and the giving of favours to guests. However, there really are no restrictions as the main focus should always be on providing a fun atmosphere that the mum-to-be and her guests would enjoy – so use your imagination!

## *2. Timings*

### **6 – 8 weeks before**

Set a date (aim for about 4 – 6 weeks before the due date if possible)

Decide on venue & book if necessary

Create guest list

Choose a theme

Choose games and activities  
Decide on the food and drink

### **3 – 4 weeks before**

Send out invitations  
Order tableware, balloons and decorations  
Order favours, games and prizes  
Order a cake (if purchasing bespoke)  
Order gifts

### **Up to 2 weeks before**

Collate final guest count and chase any outstanding RSVPs  
Order food (if not purchasing from supermarket or making your own)  
Wrap your gifts  
Gather together any extra chairs, tables, trays, dishes or other utensils needed  
Confirm reservation for venue (if venue is not someone's home)  
Bake the Cake (if making yourself and a fruit cake)

### **The Day before**

Pick up the cake (or ensure cake is finished if making yourself)  
Buy the food and drink (if getting from supermarket)  
Clean the venue (if held at home)  
Put up the decorations and set up the chairs/tables, (if venue not at mum's home)  
Gift wrap/prepare the game prizes  
Buy camera film or make sure that your digital camera battery is fully charged

### **On The Day**

Finish any final decorating and set out tableware  
Set aside an area for cards and gifts (include a pad & pen to note down who gave what gift)  
Lay out the food and drink  
Set out the favours for the guests  
Lay out the party games ready to play, with pens and paper as needed  
Keep a bin bag close by to put wrapping paper in when opening gifts.

## **3. *The Host***

It is more usual for the host to be a close friend, relative or even a colleague of mum-to-be. It is usually not considered 'good form' for the mum-to-be to organise her own baby shower. The host will be in charge of all the preparations, including organising the guest list and sending out invites, arranging the venue (often in their home or home of the new mum), ordering the food, drink, tableware and decorations, planning the games and activities, and helping guests with ideas for gifts. On the day itself they will be in charge of decorating the room, making sure everyone has enough food and drink, running all the games and giving out prizes and organising the gift opening.

Remember if it's a large baby shower you can delegate some of these responsibilities.

A Baby Shower is often held as a surprise but can also be organised with mum's full knowledge and possibly also her input into guest lists, themes and gift ideas. If planning as a surprise, the host will need to think about how to get mum to the party without giving the game away, or how to keep her out of the house whilst they put up all the decorations. Make sure you consider whether mum likes surprises and would be happy with all your choices or whether she would be happier to have some input into the party. Also, mum is sure to want to be looking lovely for all the photos that will be taken at the party so make sure you come up with a decoy plan that involves her wearing a nice frock or at least having put on some lippy and brushed her hair! Perhaps a trip into town for a pampering haircut and new makeup could be organised with a female relative or even dad-to-be, if he is let in on the surprise, whilst the house or alternative venue is being prepared?

#### *4. Date, Venue, Budget & Guest List*

If you are planning to host a baby shower, one of the first questions you will be asking yourself is "when should it be held"? Hosting a baby shower is fun, exciting and very rewarding for all concerned. Many cultures give gifts after the birth of the baby, but the current trend in baby showers means that increasingly gifts are being given before the birth of the baby. If you are holding a party before the baby's arrival we suggest you aim for about 6 – 8 weeks before her due date. This should ensure that with all the excitement she doesn't go into early labour! It also means that she has enough time and energy to put away gifts and purchase anything else she needs that she didn't receive at the shower. If a baby shower is being held after the baby's birth be guided by the parents and ensure that they are ready for (and have had enough sleep to cope with!) a party. The benefit of a party after the baby has arrived, is that you can buy gender appropriate clothing and gifts and guests also get to coo over the new bundle of joy as he/she attends his/her first party!

It is more usual for the venue to be the home of the host or of the mum-to-be (if you can get her out of the house for long enough to set up and have the guests arrive for the surprise!). However, don't be restricted to this if you feel your home isn't big enough or easy for the guests to get to etc. Think about what mum-to-be would like. Is she into the great outdoors? Maybe she'd appreciate a picnic or BBQ baby shower (think local park if it's got some nice grassy areas away from the footie pitches! Or set up camp on a local beach if you're by the sea).

Take into account how many guests you have, what your budget is, how easy it will be for guests to get to the venue, and what you think mum would appreciate the most.

**Who should be invited?**

Usually, if the shower is just going to be for mum-to-be then women only would be appropriate. If Dad-to-be is also going to be there for a couple's party then obviously male guests should be invited also – dad might appreciate having someone to discuss the footie with whilst the girls coo over the baby clothes! The main **tip** is to think about who mum would like to be there (and more importantly who she would **not!**). The usual suspects would be the grandmothers-to-be, close friends, colleagues, new friends from ante-natal classes and other parenting groups and any other close family members. Remember that often guests will have children so think about whether you can cater for little ones (and make sure the environment is safe if they are very young).

If it is to be adults only, then ensure that you make it clear in the invitations so that guests can arrange a babysitter and make arrangements for the little ones. Also be aware that this isn't always possible and it might reduce guest numbers. Think about how many guests your venue can comfortably hold – are there enough places to sit, enough room to serve the food and for guests to mingle without tripping over each other or elbowing other guests whilst playing the games?

If you don't give enough notice also bear in mind that not all people invited will be able to attend so you'll want to invite a few extra people than you would ideally like to show up. Sometimes mum-to-be may be thrown more than one baby shower, eg, having one as a 'leaving do' at the office and another one with friends and family. It might not always be possible to find out details about any other baby showers if they are a surprise, but if you can find out then try and check what gifts might have been given already, or games that might have been played so that you don't duplicate, so "do your homework".

**Sorting out the budget – it doesn't have to be expensive**

Technically, the host should pay for everything (except obviously any gifts from individual guests), but you could consider co-hosting the event to reduce costs or even throwing the baby shower as a group. Either way you need to decide what your budget is and how you are going to split it between the venue, the decorations, games & partyware, the food, cake and the favours. If you are on a **tight budget** consider hosting the party at home, purchasing only a few inexpensive decorations (such as balloons which generally come in packs and can be spread around the room), printing off free game ideas, cooking the food and/or cake yourself and making the favours yourself with some organza pouches filled with sweets.

## *5. Working with a Theme!*

You can make your theme as simple or challenging, as affordable or as expensive as you like. Be creative and ask friends and family for ideas. If you are still struggling then take a look at some of the ideas we have compiled for you!

**Pass it on's** (second-hand gifts) – where guests who already have children bring along items that they no longer need (obviously in good condition and cleaned as appropriate). This is especially good for newborn clothes that are outgrown so quickly.

**Fairies/princesses** – a twist on the 'girl' theme – plenty of pink but try using pictures or cut-outs of fairies or princesses on the walls, have a little tiara\* or fairy wings\* for mum to be. Fairy or princess cookies or cake are a lovely touch.

**“Grandma’s Shower”** – a baby shower where guests bring items for the grandparents to keep at their house, such as a travel cot, changing mat, spare bedding etc.

**Baby toys** – not just for the gifts but why not go overboard and decorate the room with baby toys? This could be a good one to mix with the pass it on theme to keep the cost down. Cakes and cookies in the shape of rattles and teddies are a cute addition. Animals/Noah’s Ark – for mum expecting twins. Use Noah’s ark or twins themed tableware and matching decorations. Buy animal soft toys (in pairs of course!!) and place around the room and on top of a nappy cake\*. Ask guests to come dressed as an animal and play party games such as guessing ‘who am I’ making all the answers a particular animal. Animal shape biscuits and cakes would look good too.

**‘Adoption shower’** – Just as special and a lovely way to celebrate with mum. Your choice of gifts will obviously depend on the age of the child to be adopted but you will know the gender, so colour-appropriate decorations and food is a nice touch. If appropriate you could throw this type of baby shower after the child has been placed with the family and make it a real welcoming event!

**Nursery rhymes** – think of as many nursery rhyme characters and try to replicate them e.g. paint a face and trousers on an egg for ‘humpty dumpty’; put a dolly inside a boot for ‘the old women who lived in a shoe’; use a dolly and a little soft plush lamb toy for ‘Mary had a little lamb’; use double sided sticky tape to attach a small toy plush mouse to a clock in the room for ‘Hickory Dickory Dock’ – see how many you can come up with!! The cake could easily follow the theme and games could involve ‘match up the lines of the nursery rhyme’ or a version of picture ‘guess the drawing of the nursery rhyme character’. Bath time /rubber ducky – why not fill a baby bath tub with water and float some cute rubber duckies in there – or use the bath as a punch bowl for the guests! Use matching rubber ducky tableware and decorations and a bath-themed towel or nappy cake\* for the centre piece. Perhaps give guests some bath confetti or ducky keepsake favours to say thank you. Give bubble baths, baby sponges, bath toys and baby towels and sleepwear as presents.

**Baby Books** – a lovely idea both for the theme and the gifts. Ask each guest to bring a copy of their favourite childhood book which can be given as a gift

to start off baby's book collection. These could either be wrapped or used also as decoration around the room.

**'Baby Sprinkle'** – refers to a smaller-scale baby shower, usually where mum already has one or more children and therefore has a lot of the major baby items. It can also be appropriate for a Shower thrown by work colleagues.

**All organic\*** – ask guests to bring as many organic or eco-friendly gifts as possible – clothes made from organic cotton, organic and eco-friendly\* toiletries for mum and baby and toys from unbleached cotton or made from recycled material. Buy a nappy cake\* made from biodegradable nappies and containing all organic clothing and gifts\*. Use decorations and tableware that can be recycled or used again, and consider wrapping presents with a helpful gift such as a baby towel, shawl or blanket instead of using wrapping paper. Organic food and drink can also be found easily from all supermarkets. Your 'theme' might be nothing more complicated than just baby-related or co-ordinating tableware & decorations, and that's absolutely fine. However, here are some ideas for some different themes you might want to use. Try to incorporate the theme into all aspects of the party if possible, including the decorations, food, drink, games and gifts to really get into the spirit of it!

**Boy/Girl** – if you know the gender of the baby, decorate in shades of blue or pink (or both if you know mum is expecting one of each!). Make it even more co-ordinated by asking guests to dress in that colour, wrap their gifts in that colour and even buy drinks such as cranberry juice and rose wine, or use blue food colouring in ice cubes or sparkling water. Buy tableware & decorations in matching colours.

**Children's books**, some of the old favourites, make great themes and affordable gifts: The Hungry Caterpillar, How much do I love you, Mr Men and Little Miss etc. Many have ranges offering different gifts including soft toys, rattles and baby records.

**Children's Characters**, there are so many to choose from. Use pictures from comics as cut-out decorations on the walls, use themed wrapping paper for gifts or even all dress up in different superhero or pirate outfits!! Children's characters – there are so many to choose from – take your pick! Winnie the Pooh, Peter Rabbit, Jemima Puddleduck, Miffy, Snoopy or Little Nutbrown Hare etc. There are so many affordable soft toys, rattles, books and other baby gifts related to children's characters you'll be spoilt for choice. Use them to top nappy cakes, give the books as presents, and hang up rattles and toys from ribbons as decorations. Order a cake or make your own in the shape of the character/s.

**Baby toys** – not just for the gifts but why not go overboard and decorate the whole room with baby toys? This could be a good one to mix with the pass it on theme to keep the cost down. Cakes and cookies in the shape of rattles and teddies are a cute addition.

**Pamper Mum** – a baby shower to recognise that mum-to-be has done an amazing thing housing her little one in her tum for many months and will soon be thrown into the life of a new mum – changing nappies, feeding round the clock, and getting very little sleep! Make her feel really special and let her enjoy being centre of attention for the last time before baby takes over! You could go all out with a day at the spa, or just incorporate the theme at home with gifts geared towards mum (think bath & body oils, foot scrubs, soothing music, chocolates, new lipstick, a good book etc). Instead of just games perhaps include pampering treats like giving mum a manicure & pedicure or a facial and get in some of her favourite indulgent foods.

**'Office Shower'** – will usually mean buying food and cake and setting up in a meeting room or large office space. Put up lots of decorations to really transform the 'officey' environment. You may not have enough time for games and you won't need favours for 'guests' – but focus on the cake and the gift giving for a lovely celebration in limited time.

Don't forget that baby shower themed decorations & tableware aren't readily available on the UK high street, but you can find many themes at [www.zaantistores.co.uk](http://www.zaantistores.co.uk) along with invitations, favours, guest books, nappy cakes, baby bouquets, and many other baby shower gifts.

## 6. *Buying the Supplies*

Ok! so you've decided on the date, the venue, the budget, the guests and the theme – so now you've got to go out and get all the goodies! Here is a handy list of items to make sure you haven't forgotten anything.

Invitations	Make your own, stick to the theme,
Tableware	(plates, cups, napkins, cutlery, tablecloth)
Decorations	(confetti/table sprinkles, balloons, banners, lawn signs, hanging decorations, centrepieces)
Games	Maybe 3 - 4 for a party lasting around 2 - 3 hours.
Prizes	For the winners
Favours	For the guests
Food and Drink	
Cake	
Accessories	Guest signing book/party photo album/advice book or cards/disposable camera
Cards	Thank-you cards (to save mum-to-be having to get her own - these can be obtained in the same theme as the rest of the decorations)
Gifts	For Mum to open (these can be for the baby or for mum-to-be. In fact, if you are having a couple's baby shower you might also want to include something for the dad-to-be!). Individual guests should get their own gifts but you might want to buy something as a group such as a nappy cake

or baby bouquet which can also double up as a centrepiece.

## 7. *Games at the Shower*

Deciding on the kind of games you want to have may depend on the venue, the number of guests and how well the guests know each other! We have put together some game ideas that cover all options so there is definitely something for every type of party!

1. Baby Things 'Pictionary' – You'll need several large pieces of blank white paper and some pens. Make up some game cards with different baby related words on and each guest takes it in turns to try and draw it so that guests can guess the word. Set a time limit for each turn. Again, this game works really well in teams.
2. Baby Words Word search – Compile a word search filled with baby related words, for example, nappy, babygro, dummy, bottle etc. Get guests to see if they can find all the words within a specified time frame. You can find free software on the internet to help you compile word searches.
3. Baby Birth Sweepstake – Give each guest a piece of paper and ask them to write down the date they think mum-to-be will give birth, the time of day and the weight of the baby. Obviously the winner won't be known until after the birth but you can post the prize! An alternative version is to get each guest to contribute a £1 each to play which goes into a 'nappy fund' which is then given to the mum-to-be.
4. What's in the dirty nappy – Buy a small pack of newborn nappies and spread each one with a different food inside. Try chocolate spread, peanut butter, apricot jam, baby food jars, marmite etc. Get each guest to guess 'what's in the dirty nappy'.
5. A – Z Baby Names – Give each guest a piece of paper with all the letters of the alphabet from A-Z written down one side. Get guests to come up with a name suggestion beginning with each letter and the winner is the one who finishes first. Extra prizes for anyone who comes up with a name that happens to be on mum-to-be's shortlist already!
6. Baby Shower Bingo – Either buy a ready made version or make your own. You'll need a piece of paper for each guest and on each draw on an identical grid pattern to make a bingo card. Inside the squares write the name of a baby or mummy gift item (e.g. rattle, bib, baby-gro, soft toy, chocolate, bubble bath etc) – but make sure that each paper has either different items or in different orders in the grids. As mum-to-be opens her gifts guests mark off any matching item on their card. The winner is the first to get one line horizontally, vertically or diagonally all marked off.
7. My Water's Broke – Purchase some little plastic babies and freeze them in water inside an ice cube tray. When giving guests their drinks pop an ice cube inside and the winner is the one whose baby 'breaks' free from the ice cube!

8. Don't Say Baby – Good as an ice-breaker game and one that can continue throughout the party. As each guest arrives give them a little dummy attached to a ribbon necklace to wear or fasten a nappy pin to their top. Explain that if they hear any other guest say the word 'baby' they can take their dummy necklace or nappy pin. At the end of the party the winner is the one with the most necklaces or nappy pins.
9. Pin the Dummy on the Baby – You'll need to print off or draw a large baby face, or enlarge a photo of a baby face and stick it up on the wall. Give guests dummy shaped stickers (or plain stickers with their name on), blindfold them and turn them around on the spot a few times. Then ask them to stick the 'dummy' on the poster where they think the mouth is. The nearest sticker wins.
10. A – Z Baby Items – Each guest gets a piece of paper with the letters A-Z down on side. Give them a time limit to try and fill in a baby related item or object starting with each letter. The first to finish in the time or the one with the most completed answers at the end of the time wins.
11. Match the baby photo to the guest – Ask your guests in advance to bring a baby photo of themselves to the party. When they arrive pin them all up on the wall and label each one with a letter. Then give each guest a sheet of paper with the guest's names on and ask them to put the correct letter beside each name. This works best with guests who mostly know each other.
12. Baby Words 'Taboo' – make up some game cards with a baby related item or word at the top of each card. Underneath this write 3 or 4 alternative words or phrases for the main word at the top. The idea is that each guest has to describe the main word so that other guests can guess what it is within a time limit (say 1 min), but they are not allowed to use any of the other words or phrases on the card to help them. An example would be 'baby bottle' and not being able to say 'drink/milk/hungry/feeding' so the guest might have to describe it by saying 'you give baby this about every 3 hours and it has a teat on the top'. This game works well in teams. One guest or mum-to-be will need to be the referee and they check that each guest is not saying any of the forbidden words on their turn. Points are awarded for a correct guess within the time limit. If a guest does say a forbidden word the other team gets an extra point.
13. Fastest Nappy Change – A really good one if having men attend as well. You can split into teams men against women! Give each team a teddy bear and a nappy (makes it harder if you use terry nappies rather than disposables). Get them to race to put on and take off the nappy from the teddy and pass it onto the next person on the team. The team who finishes first wins!
14. How Big is Mum's Tum – A good one if mum-to-be isn't too self conscious! Either use a toilet roll or purchase a roll of thin crepe paper and ask each guest to tear off a length equivalent to how big they think mum's tum is. Then measure mums tum and compare against the guest's guesses and the closest one wins.
15. Baby Word Scramble – anagrams from baby related words. Pick 10 baby related words and mix up the letters. Type them in a column on a piece of paper and photocopy enough copies for each guest. Give

- guests 1 or 2 minutes to try and decipher all the words and the winner is the one with the most correct answers.
16. Guess Who I Am – As guests arrive give them a sticky name label with the name of a pregnant celebrity on it and place it on their forehead without them seeing the name. Guests have to ask each other questions to try and figure out who they 'are' but when asked a question can only answer 'yes' or 'no'. The first to guess who they are wins.
  17. Baby Trivia – Research some facts about babies & childbirth – these can be as hard as you like! Split guests into teams and one person can be the question master asking questions in turn. If one team gets the answer wrong or passes, another team can buzz to answer. Each correct answer gets a point and the team with the most points wins.
  18. Name that song – Compile a playlist of songs with 'baby' in the title. Give each guest a piece of paper and pencil and then play the first couple of lines of each song. The guests have to guess the correct song title and artist (1 point for each).
  19. Baby Obstacle Race – a good one if your baby shower is outside and especially competitive if the party is for men and women! Split the guests into two teams. Each team has a toy buggy, a dolly and a nappy. Set up a short obstacle course with two identical rows – the obstacles can be anything you like but even better if they are baby related. Guests have to push the dolly in the buggy around the obstacles, then take dolly out of the buggy, put on a new nappy, put the dolly back in the buggy and push it back to their team and pass it to the next team member. The team whose members complete the obstacle course correctly first wins. Remember the Items on the Tray – Bring in a tray covered with various baby items and give guests 1 minute to try and memorize all the items. Then take the tray away or cover it up and guests have a further minute to list down all the items they can remember. The winner is the one with the most correct answers.
  20. Promise Cards – Not so much of a game as something helpful for mum-to-be. Give each guest a promise card and get them to fill them in with their choice of 'promise' to the mum-to-be. This can be anything from babysitting to cooking a meal or cleaning the house etc. Lovely, practical thoughtful gifts for mum-to-be – and they are free!
  21. Baby Animals – Make a list of about 10 – 15 animals and then find out what the names of their young are (e.g. sheep and lamb, cow and calf, horse and fowl etc) – make them as obscure as you like! Write the adult animals names down one column and then mix up the baby animal names and write down another column. Give each guest a copy and then give them a time limit to link up the correct adult animal to the baby.
  22. Baby Shower Charades – Come up with baby related tv programmes, films, books & songs and write them onto separate pieces of paper or card to play like normal charades. Split the guests into two teams and have them try to guess what's on the card.
  23. Advice Book – Again, not so much a game as a useful and special keepsake for mum-to-be. Either purchase a ready made advice book or make your own, and have guests write down their nuggets of parenting

- advice & tips for mum-to-be – very helpful for mum-to-be to read at her leisure (or in a frantic panic when the baby is crying at 3am!).
24. Guess the number in the bottle – an easy game that can be played during the food & drink. Fill a baby's bottle with sweets (make sure you count them first!) and then have each guest guess how many are in the bottle. The person with the nearest guess wins the bottle.
  25. Draw the baby – Each guest gets a plain white paper plate and a pen. They then have to put the plate on their head and draw a picture of a baby on it.
  26. Name that song – Compile a playlist of songs with 'baby' in the title. Give each guest a piece of paper and pencil and then play the first couple of lines of each song. The guests have to guess the correct song title and artist (1 point for each). The person with the most points wins.
  27. Make the cupcake toppers – a nice one for a tea party. If you are serving cupcakes have them ready baked and thinly iced. Then give each guest some ready to roll fondant icing and some food colourants (the paste works better than liquid colours) and get them to make a baby related cupcake topper. Mum-to-be can judge the best one.

## 8. *Prizes & Favours*

If you are having games at the baby shower, then it's a nice touch to have some small token prizes for the winners – it really helps the guests get into the swing of things! A little friendly competition, even if it is only for a fun size bag of sweets, can really get things buzzing! Prizes can be anything you like, from sweets, lollipops, cupcakes & chocolates to bath bombs, bottles of fizz or gift tokens for example. Favours\* for all the guests are a lovely touch – think of it as a grown-up version of the 'party bag' we all coveted when we were kids! Again, the favours can be anything from traditional edible treats like sugared almonds or mints, through to little keepsakes like bookmarks, photo frames or candles. These don't have to be expensive – it's about the gesture. Have a look at our extensive favours section at [www.zaantistores.co.uk](http://www.zaantistores.co.uk) for some ideas.

## 9. *Planning the Party Food*

Whether you are making the food or buying it in, you'll have to decide what kind of food to serve. You may only need a cake or you may need a huge buffet. Whichever you decide it's an important part of the celebrations. We have added some ideas below for you – these all make terrific party foods. Remember to make sure that you have food suitable for vegetarians as well as meat-eaters, that you supply some non-alcoholic bubbly for mum-to-be if she is completely abstaining, and ensure that you don't serve any food considered unsafe in pregnancy (un-pasteurised cheeses, undercooked shellfish, uncooked or undercooked eggs, uncooked or undercooked meats including Parma ham and salami, sushi, peanuts and pate etc).

**Party Foods:**

<p><b>Cakes &amp; Biscuits:</b>  Cupcakes with butter cream icing  Scones, Jam &amp; Clotted Cream  Victoria Sponge  Chocolate brownies/white chocolate blondies  Mini Cheesecakes  Baby Themed Cookies</p>	<p><b>Chips &amp; Dips:</b>  Hummus  Guacamole  Tzatsiki  Salsa  Carrot / Cucumber /Celery Sticks  Pitta Bread  Nacho Crisps  Vegetable Crisps</p>
<p><b>BBQ:</b>  Sticky pork ribs  Beef/Vegetarian Burgers  Pasta Salad  Baked bananas  Grilled prawn/lamb/chicken skewers  Chicken drumsticks</p>	<p><b>Pickie Bits:</b>  Mini pizzas/quiches/vol-au-vents  Potato salad  Couscous  Pasta Salad  Chicken Drumsticks/  Sticky Chicken Wings  Garlic Bread  Spring rolls  Falafels  Samosas  Mini sandwiches</p>
<p><b>Fruits &amp; Salad</b>  Fruit platter  Fruit salad  Green Leaf Salad  Tropical salad (ideal for a summer theme)</p>	

## 10. *Order of Events on the Day*

1. At least some, if not all of the guests should arrive before mum so there is a fun welcoming party atmosphere when mum makes her entrance.
2. The host should greet guests as they arrive and make sure that everyone has a drink.
3. The host should make introductions between guests who don't know each other. **Tip!** Use fun name tags so everyone remembers everyone else's name!
4. Perhaps play a little ice breaker game before mum arrives to get your guests in the mood.
5. Once mum has arrived, she's got a drink and has had a chance to greet her guests, try playing another game or two. 'Guess how big is mum's tum is a good one and enables mum to be centre of attention. Team games are good if mum is a bit shy or if guests don't all know each other – see our game ideas section for inspiration.
6. Take photos during the games – you could use a Polaroid camera for instant pictures and stick them into a guest book for a lasting memento.
7. Hand out prizes to the winners.
8. Refresh guests' drinks and serve the food.
9. Perhaps use the opportunity to play some further games at this time such as 'mummy's water's broke', 'guess how many in the jar' or 'don't say baby'.
10. Cut and serve the cake and perhaps serve with tea or coffee (or champagne if mum-to-be is drinking small quantities of alcohol/non-alcoholic fizz if she isn't).
11. Mum's gift opening – make sure mum has a comfortable seat and everyone can see. You could also make a game of this by playing Baby Shower Bingo as she opens her presents.
12. Hand out prizes to the winners.
13. Take more photos of mum and her gifts and during the games played.
14. Have guests sign a keepsake guest book, plate, baby's bib or perhaps fill in some advice cards for the new parents to keep!
15. If you've taken photos with a Polaroid camera, stick them into the book for a fab visual memento.
16. As the guests leave the party, thank them for coming and hand out the favours.
17. Help mum put away her gifts or help her get home.
18. Take down the decorations and clear up. Let mum put her feet up with another cup of tea and slice of cake to relax!

## 11. *Top 10 Tips*

1. Allow yourself plenty of time to organise the party & get people to RSVP to an email address rather than by post – (these days everyone has access to email and they are more likely to respond back quickly).
2. Keep it a surprise unless you know that mum-to-be is not good with surprises or wants to help organise it herself.
3. Purchase the party supplies in time – you won't often find these items on the high street, so allow time to order from the internet, ([www.zaantistores.co.uk](http://www.zaantistores.co.uk) stocks everything you will need for your baby shower).
4. Plan how to get mum-to-be to the party without spoiling the surprise. Often dad-to-be can be very helpful for this!
5. When deciding on games bear in mind it will always take more time than you think to get everyone listening to the rules of the game and to finish. If you think your guests may be shy about joining in then go for team games.
6. If you are pre-ordering buffet food or a themed cake, there is often a minimum lead time so decide in good time.
7. If you are the host, make sure you keep to the timescale you have decided on. Give yourself enough time!
8. If there will be gift opening allow enough time for this – usually at least 30 minutes will be needed, more if there are a lot of guests.
9. At the end of the party it's a nice idea to give a little keepsake favour to your guests as a thank you for coming.
10. Make sure someone is responsible for cleaning up afterwards – especially if the party is held at mum-to-be's house!

If you are hosting a Baby Shower then you will have a lot to organise to make it a very special occasion and that's why we have compiled a handy planner of things you need to know and think about. Print it out and use it when planning a baby shower.





**Shopping List**

Food/Drinks	Cost	Decorations	Cost	Other Supplies	Cost
<b>Sub Total</b>		<b>Sub Total</b>		<b>Sub Total</b>	

**Total:**

Task	Time Frame	Notes
Set a date and choose a venue		
Write guest list and send invites		
Choose tableware and decorations		
Choose games and activities		
Choose food, drink and cake		
Choose gifts		
Order everything		

Task	Time Frame	Notes
Collate final guest count		
Wrap gifts		
Clean venue		
Rearrange furniture and decorate		
Layout food, drink, gifts and favours		
Have party games ready		
Have camera ready!		

# *Baby Shower Guide*

*Contact Zaanti Stores for more information*

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