Graduations at Home

After so many years of hard work, it is disappointing for your child to hear that their graduation is canceled. Whether it’s their elementary school, middle school or high school graduation, many students have been looking forward to this big milestone. Not being able to walk across the stage to receive their diploma and celebrate with friends at grad night or prom adds to everyone’s disappointment: students, parents and family.

Tips for parents to help honor your child:

• **Acknowledge** how proud you are of them for all their hard work.

• **Celebrate** your graduate with family, friends and colleagues. Be creative and think outside the box since you can’t celebrate in person.

Here are several fun and creative things you can consider:

• **Decorate the front of your house** or apartment with signs saying, “Graduate lives here!” or “You did it!” Feel free to add balloons and streamers. If possible, arrange for family and friends to drive by the house at a certain time to cheer and celebrate the graduate.

• **At home on graduation day,** have the family dress up, make your graduate’s favorite food, set the table differently to make it look festive and celebrate. You could tell fun stories or play a family game.

• **Host a virtual party** by posting or emailing an invitation. Decorate a room or section of a room to create a party atmosphere. Talk with your graduate to see who they would like to invite and create ways for them to toast one another and celebrate.

• **Decorate your car** and drive your graduate by their friends’ and family’s homes to celebrate.

For younger children who are moving up a grade:

• **Decorate their door** with statements such as “You’re now a third-grader!”

• **Arrange a virtual party** by contacting the parents of your child’s friends. At the virtual party, they can eat donuts or cupcakes together and watch a virtual slide show.

This will not be the same as the actual graduation, but it expresses how proud you are of your child. Your graduate will see the effort you put into the celebration. All of this says, “I love you” and “I’m proud of you.”

For information about our school-based art therapy program, call 310-423-3506 or email shareandcare@cshs.org