



## Recession-Proof Parties! Party Planning Birthday Freebie Experts Share Tips and Advice on Throwing Sensational Kids' Parties on a Shoestring Budget

**Twitter Pitch:** @LisaKothari & @julieFBT partner to provide parents with recession busting ideas for kids' parties: <http://budurl.com/RecProofBdayPR>

**SEATTLE and PHOENIX (July 13, 2009)** – The "R" word. It's been on the lips of talk show hosts, financial analysts, news reporters and anchors, and everyone the past year. America is in a recession and consumers are worried their dollar won't go as far as they'd like and are holding onto their purse strings tightly.

But, that doesn't change the fact that birthday parties are still a big business. Kids don't care that the economy is taking a downturn, so how is mom and dad supposed to throw a bash on a shoestring budget? Party-planning expert **Lisa Kothari**, founder of **Peppers and Pollywogs** (<http://www.pepperspollywogs.com>), and birthday-freebie expert **Julie Northrop**, founder of **FreeBirthdayTreats.com** (<http://www.freebirthdaytreats.com>) have gathered their tricks and tips for recession-proof children's parties.

### THINK OUTSIDE THE BOX

"Parents can easily throw a fun and impressive kid's party on a budget if they just get a little creative with the theme," says Kothari. "Think about what your kids really like to do, what activities really make them happy. Then, create a few themed ideas and before you know it, you'll have yourself a successful party."

Some examples of budget-friendly themes include:

[Make Your Own Outrageous Cookie Concoctions](#)  
[A Messy Party](#)  
[A Carnival Party](#)  
[All About Me Party](#)  
[Fantastic Food Fight on a Shoestring Budget](#)

### DON'T FORGET THE FREEBIES!

If you can't afford a party, find free treats to celebrate! Northrop created **FreeBirthdayTreats.com** as a means to help others continue celebrating their special day in this recession and beyond. With offers ranging from **FREE** kids' meals to discounts on toys, Northrop states, "Parents will find deals that save money and are valid not only on their kids' birthdays, but also for the birthday week - if not for the entire birthday month." Now there is no way your special little someone misses out on a birthday that will never come again thanks to **FreeBirthdayTreats.com**.

### TOP MONEY SAVING TIPS FOR THROWING KIDS' PARTIES:

1. Make your own invitations, decorations, and games/activities.
2. Hire a babysitter or ask family and friends to provide the entertainment.
3. Make your own food and birthday cake.
4. Keep the number of your guests within reason.
5. Take advantage of the freebie/discount offerings to celebrate.

Lisa and Julie are available for interview regarding recession-proof party planning and birthday freebies! **To set up an interview or to find out more about Lisa Kothari and Julie Northrop**, please contact [lisak@pepperspollywogs.com](mailto:lisak@pepperspollywogs.com) ([@LisaKothari](https://twitter.com/LisaKothari) – <http://www.twitter.com/LisaKothari>) and [julie@freebirthdaytreats.com](mailto:julie@freebirthdaytreats.com) ([@JulieFBT](https://twitter.com/JulieFBT) – <http://www.twitter.com/julieFBT>).

