

FOR BUSY MUMS WHO WANT A BEAUTIFUL SHOWER WITHOUT OVERTHINKING

BABY SHOWER THEME-TO-PLAN MINI KIT
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SHOWER WITHOUT OVERTHINKING

INSIDE:

- ✓ THEME “LOW-STRESS” TEST (PICK FAST)
- ✓ 6-WEEK COUNTDOWN PLAN
- ✓ SHOPPING LIST WITH QUANTITIES (10 / 20 / 30 / 50 GUESTS)
- ✓ DAY-OF RUN SHEET (SETUP ORDER + WHO DOES WHAT)

THEME I’M PLANNING:

DATE: _____

HOST NAME: _____

GUEST COUNT (ESTIMATE):

10 20 30 50

If you're stuck, do this: Pick the theme that's easiest to execute.

Step 1: Shortlist 3 themes

- 1.
- 2.
- 3.

Step 2: Score each theme (1 = hard, 5 = easy)

Theme 1: _____

- Setup under 60 minutes 1 2 3 4 5
- Works in a living room 1 2 3 4 5
- Easy to shop fast 1 2 3 4 5
- Easy food plan 1 2 3 4 5
- Easy photo moment 1 2 3 4 5
- Kid-friendly if kids come 1 2 3 4 5

Total: ____ / 30

Theme 2: _____

- Setup under 60 minutes 1 2 3 4 5
- Works in a living room 1 2 3 4 5
- Easy to shop fast 1 2 3 4 5
- Easy food plan 1 2 3 4 5

- Easy photo moment 1 2 3 4 5
 - Kid-friendly if kids come 1 2 3 4 5
- Total: ____ / 30

Theme 3: _____

- Setup under 60 minutes 1 2 3 4 5
 - Works in a living room 1 2 3 4 5
 - Easy to shop fast 1 2 3 4 5
 - Easy food plan 1 2 3 4 5
 - Easy photo moment 1 2 3 4 5
 - Kid-friendly if kids come 1 2 3 4 5
- Total: ____ / 30

Step 3: Decide (circle one)

My theme is: _____

My 3 theme colours: _____

My 3 “must-have” items:

- _____ 2) _____ 3)

- My 3 “skip it” items (saves money + stress):

- _____ 2) _____ 3)

Quick reality check:

If I only had 2 hours to plan this, what would I keep?

6-WEEK COUNTDOWN PLAN (busy mum friendly)

Your rule: Do a little each week so nothing feels heavy at the end.

6 weeks before

- Pick theme + colours
- Set guest count + budget
- Choose date/time + location
- Draft guest list
- Pick “photo moment” (backdrop spot)

4–5 weeks before

- Send invites
- Decide food style (snacks / brunch / lunch)
- Choose 2–3 simple games (optional)
- Order the big items (backdrop, tableware, balloons)

3 weeks before

- Confirm RSVPs
- Finalise menu
- Assign 1-2 helpers (setup / photos / food table)
- Order cake/cupcakes (optional)

2 weeks before

- Buy non-perishable food + drinks
- Print signs/games (if using)
- Confirm any rentals (chairs/table)

1 week before

- Confirm final headcount
- Buy decor + any last bits
- Write the schedule for the day (page 5)
- Plan outfit + baby bump photos (if wanted)

1-2 days before

- Food shop (fresh items)
- Prep what you can (cut fruit, label drinks)
- Charge speaker/phone, clear space for photo spot

□ Pack a “host kit” bag (tape, scissors, bin bags)

My top 3 priorities (so I don't overdo it):

1. _____ 2) _____ 3)

SHOPPING LIST WITH QUANTITIES (10 / 20 / 30 / 50 guests)

Tip: Keep it simple. One main table, one photo spot, one food table.

ESSENTIALS (tick what you need)

- Invites (digital or printed)
- Table covering (tablecloth or runner)
- Plates Napkins Cups Cutlery
- Serving trays/bowls
- Drink station items (ice, cups, labels)
- Bin bags + wipes + kitchen roll
- Tape / scissors / string / blu-tack

TABLEWARE QUANTITIES (choose your guest count)

Plates / cups / napkins / cutlery sets

- 10 guests → 15 of each (extra for kids/spills)
- 20 guests → 30 of each
- 30 guests → 45 of each
- 50 guests → 75 of each

DRINKS (simple + affordable)

Water:

- 10 guests → 6 litres
- 20 guests → 10 litres
- 30 guests → 15 litres
- 50 guests → 25 litres

Juice/soft drink (or mocktail base):

- 10 guests → 3 litres
- 20 guests → 5 litres
- 30 guests → 8 litres
- 50 guests → 12 litres

Ice (if needed):

- 10 guests → 2 bags
- 20 guests → 3 bags
- 30 guests → 4 bags
- 50 guests → 6 bags

FOOD (snack table style – easiest)

Plan 6–8 bites per person (more if it replaces a meal).

Light snacks total pieces:

- 10 guests → 70 pieces
- 20 guests → 140 pieces
- 30 guests → 210 pieces
- 50 guests → 350 pieces

Examples of “pieces”: mini sandwiches, sausage rolls, samosas, puff-puff, sliders, cupcakes, fruit skewers.

DECOR (keep it clean)

- Backdrop (fabric/curtain/board)
- Balloon garland or cluster (optional)
- 1–2 table centrepieces
- Sign for welcome + food labels

Balloon guide (if using):

- Small cluster → 20–30 balloons
- Garland → 60–100 balloons
- Bigger garland → 120–150 balloons

GAMES (optional, max 2–3)

- Who knows mum best
- Baby name ideas card
- Advice for parents cards
- Guess the due date

Prizes:

- 10 guests → 1 prize
- 20 guests → 2 prizes
- 30 guests → 3 prizes
- 50 guests → 4–5 prizes

DAY-OF RUN SHEET (setup order + who does what)

Start time: _____ Guest arrival: _____

End time: _____

Setup order (do it like this so it's quick)

1. Clear space + wipe surfaces
2. Set tables (food + gifts)
3. Put tablecloth/runner down
4. Set backdrop/photo spot
5. Balloons (last, so they stay perky)
6. Lay out plates/cups/napkins
7. Arrange food last 30–45 minutes
8. Do a quick “walk-through” and remove clutter

Who does what (so you're not doing everything)

Host: _____

Food help: _____

Photo help: _____

Games help: _____

Clean up help: _____

Simple flow (no overplanning)

- Welcome + snacks (first 30 mins)
- Games (optional)
- Food top-up + photos
- Gifts (if doing)
- Thank you + goodbyes

Mini scripts (copy/paste)

Welcome line:

“Thank you for coming. Eat first, take pictures, relax, and we’ll do a quick game in a bit.”

Gift moment line:

“We’re going to open a few gifts now. Please keep eating and chatting while we do it.”

Closing line:

“Thank you for celebrating with us. Your love means a lot.”

After the shower (5 minutes)

- Take 10 photos of decor + food before it’s gone
- Put gifts in one spot for easy packing
- Thank-you message sent within 48 hours