

# Non-Food Rewards at Home



Using food as a reward, even healthy food, encourages children to eat outside of meal and snack times when they may not be hungry and can lead to poor eating habits. How can your family celebrate a job well done without using food?

- Make a list of fun, non-food rewards that don't cost much. Allow your child to choose something from the list when you want to reward them.
- Make a list of special rewards for really big successes.
- Give certificates, ribbons, or use sticker charts for healthy behaviors.
- Allow your child to have a few friends over to do a special activity or have a sleepover.
- Have a family game night.
- Keep a box of toys, games or art supplies that are only used on special occasions.
- Go to a special event or location. For example: a sporting event, concert, or museum.
- Camp out in the back yard.
- Choose toys and games that promote physical activity like jump ropes or balls.

## TIPS

Words can make children feel good. They love to hear: "You did a great job." or "I appreciate your help." or "You should be so proud of yourself!"

Avoid extra time in front of a screen as a reward.