

Rewarding Positive Behavior

How can you encourage a job well done without using food as a reward?

Here are a few ideas:

Allow your child to have friends over after school to play outside

Make a list of inexpensive, non-food rewards

Have a family game night

Give certificates or ribbons for healthy behaviors

Go camping in the backyard

Keep a box of special toys for important occasions

Have a special list of rewards for those big accomplishments

Choose toys that promote physical activity, like jump ropes

Encourage the use of electronics that promote physical activities

Invite a few friends over for a sleepover

Go to a sporting event

Be sure to avoid giving extra time in front of the TV or computer as a reward!

Using Food as a Reward:

- Contributes to poor health.
- Encourages overconsumption of unhealthy foods.
- Contributes to poor eating habits.