

Non-Food Reward Ideas for Families



Who says rewards have to be all about food? There are many ways to reward your child's good behavior or academic excellence without using food items. Rewards are always greatly appreciated and they can not only bring you great results, but they can be fun too!

- ♥ Try an active rewards such as a hula-hoop, jump rope, or a ball.
- ♥ Allow a friend to sleep over or come visit.
- ♥ Let the child help plan a special outing.
- ♥ Read them an extra story of their choice at bedtime!
- ♥ Have a family game night and play a game of their choice!
- ♥ Allow the child to pick a movie that the family will watch together.
- ♥ The child could pick an outdoor sport that the family will play together!
- ♥ Keep a box of special toys, games or art supplies that can only be used on special occasions or when a reward is earned.
- ♥ Set up a system so that the child can earn coupons, gift certificates or discounts to skating rinks, bowling alleys, and other fun and active entertainment outlets.
- ♥ Have a camp out in the backyard!
- ♥ Give them extra playtime with you!
- ♥ Offer a trip to the park, beach, or a special place of their choosing.
- ♥ Take a trip to the library or buy them a new book.
- ♥ Reward your child with a special sticker, a new pencil, or new art supplies!

Why not use food as a reward?

Using food as a reward can create lasting and unhealthy habits. It can teach kids to reward and comfort themselves with unhealthy foods. Rewarding or punishing kids with food could also create problems with eating disorders in the future.

To create healthy habits, it is best to use healthy rewards!

Tips to get you started:

- ◆ Ask your child to help you set up a new reward system- they are creative and may have great and fun reward ideas!
- ◆ As a family, make a list of fun and cheap (or even free) rewards that do not involve food.
- ◆ Try to avoid giving television or computer time as a reward!

