Non-Food Rewards at Home

How can you celebrate a job well done without using food treats?

Here are ways to reward your child:

- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of their friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Encourage the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

Words of appreciation can go a long way. Children love to hear **"You did a great job"** or **"I appreciate your help."**

Using Food as a Reward:

- Contributes to poor health
- Encourages overconsumption of unhealthy foods
- Contributes to poor eating habits
- Increases preference for sweets

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

READY, SET, GO! 5 2 1 0

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5210 LET'S GO!

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