

#HEALTHIESTSCHOOLS

HEALTHY WAYS TO REWARD CHILDREN

AMERICA'S HEALTHIEST SCHOOLS

Using food as a reward or punishment not only encourages children to eat outside of meal and snack times or when they're not hungry, but also may create a lifelong habit of rewarding or comforting themselves with food. This practice can undermine healthy eating messages and reinforce unhealthy eating habits. Try not to use food, even healthy options, as a reward or punishment.

There are many examples of non-food rewards that meet both kids' and the Alliance's approval. Here are a few of our favorites:



CHOOSE A PRIZE

- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Earn tokens or points toward a prize



GET MOVING

- Hold a special event such as a soccer game or kite flying party with friends
- Provide extra time outside
- Turn on the music and throw a spontaneous dance party
- Let children choose and lead an activity



SHAKE UP YOUR ROUTINE

- Provide a few minutes of extra free time
- Allow children to select a special book during story time
- For one day, let a child go first for every activity
- Host a special dress day where children can dress like a superhero, athlete or animal



SHOW THANKS

- Give out a certificate or ribbon to celebrate an accomplishment
- Post recognition signs around your home or on the refrigerator
- Call a family member or friend, such as a grandparent, to share the news