

OCTOBER

Non-food Rewards for Kids

Did you know?

Rewarding children with food can interfere with their ability to eat in response to hunger and fullness cues



- Sometimes it can be hard to resist the temptation to use food as treats that reward kids for good behavior or to get them to do something. Food shouldn't be used as a reward or incentive.
- When children are given food for good behavior or for doing well in school, it can teach them to eat as a way to reward themselves instead of eating when they are hungry and stopping when they are full.
- Non-food rewards can promote healthier school and home environments by showing that food is something to feed our bodies when we are hungry not as a reward for good behaviour.

Here are a few suggestions for non-food rewards at school and home:

At school:

- Pencils, erasers, bookmarks
- Water bottles, Frisbees
- Keychain, magnets
- Books, rulers, notebooks
- Game time/ reading time
- Free time
- Sitting by a friend
- Eating lunch outdoors
- Have lunch with another classroom
- Have gym with another classroom
- Extra-long gym class
- Extra-long recess
- Go for a walk around the school
- Take a fun physical activity break: jump rope contest, relay race, etc.



At home:

- Invite friends over to play games
- Choose a new toy: a ball, music to dance too, etc.
- No chores for the day
- Read an extra book together at bedtime
- Extra-long play time outside
- Have a family fun night: play games, bike ride, campout, picnic, etc.

