

# NON-FOOD REWARDS

A reward is a great way to say 'well done' when your child has done something you are proud of. Rewards encourage your child to continue that positive behaviour.

Food is often used as a reward for a child's behaviour. Most often, these rewards use 'sometimes foods', such as ice-cream and lollies as the reward. This type of reward:

- increases a child's liking for sometimes foods
- encourages overeating
- encourages emotional eating



**We recommend using non-food rewards.**

## Reward ideas



### Praise and encouragement

You can say things like "good job, I'm so proud of you!" or do things like high five, fist bump, hug or give a kiss.



### Special activity with you

Let your child choose a special activity to do i.e., a trip to the park, reading a story, playing a fun game. This is a great way to connect with your child and strengthen your bond.



### Prizes

Stickers or stamps can be used as everyday rewards. Bigger items such as a new book or craft supplies can be used as special rewards.

Remember, your child is still learning to communicate and understand their emotions. Some days they are better at it than others. Talking to them about how they feel or asking if they need a hug when things don't go to plan may help.

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



*Healthy Beginnings for HNEkidshealth acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.*

*We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.*