

Use **NON-FOOD** REWARDS

To support your efforts, develop guidelines that prohibit the use of food as a reward.

Low Cost Rewards

- Awards or medals
- Bubbles
- Crayons
- Finger puppets
- Ribbons
- Rubber balls
- Slinkys
- Spinning tops
- Yo-yos



Alternatives to Food as a Reward

No Cost Rewards

- Verbal praise that is specific (e.g., “You did a great job, John. I’m so proud of you for sharing your toys with the other kids today.”)
- Share a special item or talent with the class.
- Be “Super Kid of the Day,” or “Star of the Day.”
- Sit in a special seat during snack time or lunch.
- Be recognized in a newsletter or on a bulletin board.
- Be given an important responsibility.
- Receive a compliment from the other kids in the child care.
- Receive a positive note from the director or have one sent home for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Lead group activities such as Simon Says.
- Receive coupons with special privileges.
- Attend a reading party (children bring blankets to sit on and read favorite books).
- Read a favorite poem
- Share favorite picture of family member or friend
- Play a favorite game or puzzle.
- Eat lunch outdoors or have a picnic.
- Eat lunch with the director or a favorite provider.
- Dance to favorite music.
- Schedule a field trip.
- Read the children’s favorite book.
- Allow extra or longer play time.
- Offer extra outdoor activities.
- Hold a monthly indoor or outdoor physical activity event to celebrate accomplishments or birthdays.
- Make a list of fun, non-food rewards with the children and post it where everyone can see it. Let the children choose a non-food reward from the list when appropriate.

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

Benefits of providing non-food rewards:

- Creates an environment that fosters healthy eating and supports the 5-2-1-0 message.
- Allows the opportunity for more frequent rewards.
- Adds to fitness if physical activity is used as reward.

MaineHealth

LET'S GO!

5-2-1-0