



Non-Food Reward Ideas for Families

Parents can provide non-food rewards at home. Respect and words of appreciation can go a long way. Saying "You did a great job" or "I appreciate your help" is often underestimated. Simply recognizing kids for good work or behavior is a great motivator and is always appreciated.

Here are other ways to reward a child's good behavior and academic excellence while generating fun and great results:

- Try an active reward such as a hoola-hoop or a jump rope
- Have a family game night- a game of their choice!
- Camping in the backyard.
- Allow a friend to sleep over or to come over after school.
- Extra playtime with you.
- Keep a box of special toys, games or art supplies that can only be used on special occasions.



- Offer a trip to the park, beach, or a special place.
- Bring them to a special sporting event: baseball, football, soccer, hockey- they name it!
- Buy them a new book.
- Read them an extra story at bedtime.
- Take a trip to the library.

Tips to make it easier:

- Ask your child to help you set up a new reward system.
- As a family, make a list of fun and inexpensive rewards that do not involve food.
- Develop a separate list for special achievements.



Source: Adapted from: 5210 Goes to School, The Barbara Bush Children's Hospital at Maine Medical Center and Clemson Extension Home and Garden Information Center