Non-Food Rewards for Your Child

- Offer a trip to the beach or park
- Have a family game night
- Have a campout in the back yard
  or
- Allow your child’s friend to sleepover
- Go to a ball game
- Take a trip to the library
- Buy your child a new book
- Read your child an extra bedtime story
- Play outdoors with your child

Tips to Make it Easy:

- Ask your child to help you create a reward system
- Make a list of fun, non-food rewards that don’t cost much and post it where the whole family can see it
- Have a list of special and inexpensive rewards for those really big achievements

For more information, visit www.letsgo.org