



Eat right. Be active. Get healthy.

LET'S GO! TAKES 5210 TO SCHOOL

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

The Barbara Bush
Children's Hospital
At Maine Medical Center

