



## Alternative ideas for rewards

Plenty of praise and attention is a great way to encourage positive behaviour from your child or teenager. From time to time, you may also want to use rewards and incentives to recognise when they've made a special effort.

It's a good idea to try to avoid regularly offering food as a reward as your child or teenager may then keep using food to reward themselves – which may lead to overeating. Over-using sweets or other 'treat foods' as rewards may also undermine your efforts to establish healthy eating habits.

When thinking of other ways to reward your child or teenager, think about things that you know will appeal to them. Here are some ideas to get you started.

### For parents and whanāu of primary and intermediate-aged children

- A picnic in the park or trip to the zoo
- Going to the movies
- Going to the local museum or library
- Playing after-school at a friend's house
- A family night or daytime activity where your child chooses what happens
- A special outing with just Mum or Dad
- Going to the swimming pool, river, lake, a bike ride, or another fun activity with Mum, Dad or other whanāu member
- A favourite activity e.g. backyard cricket, roller blading, fishing
- Staying up an extra 1/2 hour or an extra bedtime story
- Physical equipment e.g. skipping rope, tennis ball, large ball, hacky sack



## For parents and whānā of teenagers

- Special car privileges
- Staying overnight with friends (or having friends to stay overnight)
- Staying out later than usual
- Being let off from doing chores
- Earning extra pocket money
- Redecorating their room
- Getting a new CD, DVD or music download for their mp3 player
- A visit to the hairdresser or beautician
- New clothes, footwear or item of jewellery
- A favourite magazine or receiving a magazine subscription
- Taking dance or music lessons
- Going to the movies or a concert with friends
- Going skating, bowling, camping or attending a sports event with family or friends

