

Non-food rewards for tamariki

Praising children for achievements makes them feel good about themselves and is often the only reward they need.

Junk food or sugary rewards send the wrong message to our tamariki. Establish lifelong healthy habits by giving out non-food rewards. Here are some ideas:



At Home

Time with parents

Craft activity

Family dance party

Books

Playground / Picnic

School / Early Childhood

Teacher's assistant

Music choice during class

Game choice

Stickers/ Certificates

Pens, pencils, rubbers

Sports / Out of School Activities

Medals

Water bottles

Bubbles

Sport socks

Certificates / stickers

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