



TOOTH SMART

# Goals and Rewards

## Non-Junk Food Rewards for Children



- Going to the park
- Being lifted into the air
- Having a bubble bath
- Making noises with pots and pans
  - Finger painting
  - Playing with play dough
- Going for a picnic (even in the backyard)!



- Going to the library
- Staying up late
- Hiring a video or DVD



Children like praise as motivation for good behaviour.



Use goal charts and 'Non-Junk Food' rewards.

## Ask family & friends not to give sweets as 'treats'

*Ask them to give healthy snacks instead, like :*

- Frozen fruit chunks

such as mango (instead of an ice block)



- Plain popcorn (instead of a packet of chips)
- Milk & fruit smoothie (instead of a soft drink)

