

HEALTHY REWARDS

GIVING A CONSISTANT MESSAGE

With parents and teachers being so busy these days it is easy to forget that we are our children's best role models – leading by example at preschool and home has wonderful effects!

We learn about healthy eating, encourage healthy lunches and snacks from home but then we sometimes promote the opposite with unhealthy rewards for good behaviour or other achievements – no wonder our children become a little confused!

Here are some ideas for preschool and home that could replace the chocolate bar or the takeaways for the family dinner:

Rewards for Preschool

- A free choice activity for 10 minutes such as blocks or colouring in
- Choosing a ball game or song to play
- Choosing a book that the teacher will read to the class
- Helping teacher with an activity
- Spinning the 'award wheel' to select an award
- A letter to parents to say how well the child is doing
- Certificate or sticker to take home

Rewards for Home

- Staying overnight at a grandparent's
- Choosing the meal for the family and helping prepare it with a parent
- Having a friend overnight
- Alone time with a parent to play a game, make a puzzle or have an outing
- Go shopping for suitable lunch box items or ingredients for cooking items
- Enjoy physical activity as a family, such as swimming, going to the park
- Choosing a video for the family to watch together

Reinforcing a job well done is so important and if we can do that in a 'healthy' way then it is not giving mixed messages. If you have any other ideas that are working well we would love to hear about them so we can pass them on.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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Te Pōari Hauora o Waitaha