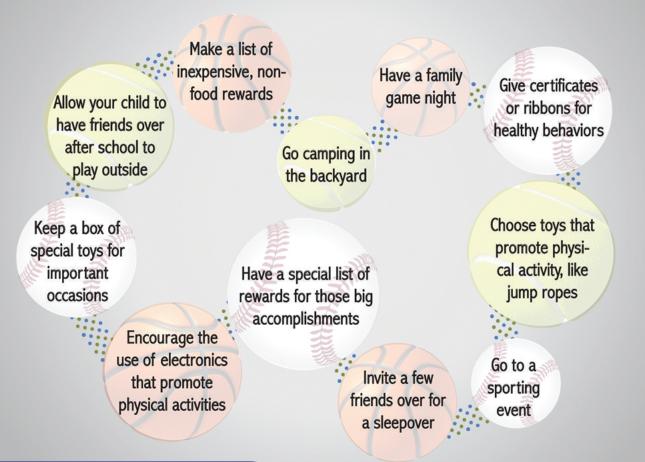
Rewarding Positive Behavior

How can you encourage a job well done without using food as a reward?

Here are a few ideas:



Be sure to avoid giving of extra time in front as the TV or computer as the TV a reward!

Using Food as a Reward:

- Contributes to poor health.
- Encourages overconsumption of unhealthy foods.
- Contributes to poor eating habits.