

Patient Information

Top Tips for Rewards

Rewards are ways to recognise and acknowledge success when goals have been achieved. They can work well to keep your child motivated, but need to be thought through. Consider the following:

- On a day to day basis praise is a fantastic reward to keep your child motivated. See the 'Top Tips for Praise' information sheet.
- Rewards don't have to be expensive. Rewards such as going to the park to play football, staying up an extra hour at the weekend or spending time having a girls' pamper session together cost very little, if any, money.
- Sit down with your child and think of things you could use as a reward that they would like / enjoy. Don't use high fat / sugar foods or *extra* TV / computer time as a reward though as it gives out the wrong message.
- If you are going to use a reward to motivate your child, agree what the reward will be when you agree the goal so that they know what they are striving for.
- Make sure that the goal is achievable so that you know your child is able to get the reward if they make the change agreed.
- Make sure you follow through. If they achieve the goal, they get the reward. If they don't achieve it, keep positive and encourage them to try again.
- Rewards should not be taken away as a punishment for other things the child may have done (although you may want to consider other consequences for poor behaviour). If they achieve the goal they get the reward.

Ideas for rewards

You will probably have lots of ideas for rewards of your own, but below are some suggestions from other families that may be useful. You will know your own child best but usually younger children get motivated by smaller rewards given more often while older children might prefer to work for longer towards a bigger reward.

Active ideas	Healthy food ideas
Games in the park or at the beach with family and friends e.g. rounders, cricket. Going for a bike ride. Treasure hunt in the forest / at the beach. Water games. Set up a disco in the lounge. Go swimming. Share time with mum or dad working in the garden / making a vegetable patch.	Make a healthy pizza for tea. Choose and help cook a meal for the day. Have a special meal at the weekend – decorate menus, dress up and sit down together! Have a healthy barbeque.

Other fun ideas

Extra story at bedtime.

Crabbing

Making something together e.g. a model.

Sleepovers

Arts and crafts e.g. painting.

Go to a pottery shop and decorate a plate, eggcup or dish.

Shopping trips

Trip to a museum / attraction.

Magazines, comics, books.

Cinema tickets.

Planned family outing /day trip.

Video, DVDs, video games.

Clothes, hair accessories.

Staying up an extra hour on a Friday /Saturday.

Playing a favourite board or card game.

Extra mobile phone top-up.