

## Reasonable Rewards

Do you reward your kids for good behaviour? It is not recommended to use food or beverages as a reward or incentive. This practice can create unhealthy eating behaviours in children that they will carry into their adult life. Sweet, sticky foods or candy can create an additional problem, especially for children who have serious dental problems.

Instead try offering non-edible rewards such as:

- \* stickers, pencils, erasers, book marks
- \* extra stories at bedtime
- \* a special family night or bike ride
- \* an extra trip to the park

You may wish to create a special “Surprise Privilege” box with small inexpensive items from the dollar store.



*April is Oral Health month. Visit your dentist regularly.*

