



Positive Reinforcement

Positive Reinforcement is the presentation of something pleasant or rewarding right after a behavior. It makes that behavior more likely to occur in the future.

- **Tool used to reinforce good behavior and eliminate bad behavior** ●
- **Builds self-esteem and inspires confidence in children** ●

Rewarding:

- Use rewards to positively reinforce your child's new healthy behavior. If they do something that is good and a wanted behavior reward them.
- Rewards can be something as simple as praise, extra phone privileges, or extra time at the park. A reward system can also be created where your child gets to put a quarter in a bucket every time he eats fresh fruits or vegetables during the day. At the end of the week, if he has collected a total of \$8.75 (that is 5 servings a day for 7 days) then you will add in an extra \$1.00 for them. This is money that they can spend, or maybe use that money to sign them up for a sports league.
- Be creative and have fun with your rewards. Try not to use food, candy, or sedentary time activities (TV, video game) as rewards. These are the behaviors/foods you are trying to get them to reduce, so using them as a reward can confuse them.