**Why should I give my child rewards?**

Rewards are not just about bribery. Rewarding behaviours we want to see more of do a number of helpful things.

* Let the child know we have noticed their good behaviour
* Shows the child we like/want more of the good behaviour
* Can motivate children to try to do things (like manage strong feelings) in a different way. Kids, like adults, need support and encouragement to change old habits.
* Rewards helps the child to pay attention to their own behaviours and encourages them to try and practice new behaviours.

**Are rewards going to encourage my child to be selfish/greedy?**

We all respond to rewards and encouragement. Many parents would work less hours if we were not paid for all our work hours. Rewards don’t have to be for material gains like a lolly or a toy. Rewards can come in all shapes and sizes and need to be tailored to highly motivate your child and also fit with your values and household. The following are non-material rewards that many children find motivating. Some of the bigger rewards could be something children work towards through accuring points/buttons/stars.

* A special outing to the park/playground
* Extra time in a favourite activity
* Time with a friend/sleep over/play date
* Extra time to play/read before lights out at bed time (unless you are using a firm bed time routine to help with sleep)
* Choose family dinner if planning eat out/takeaway
* Go the library
* Having a longer time to play in the bath/special bubble bath
* Extra screen time (limit this option)

What ideas can you come up with for free rewards for your child?