

HOW TO PROVIDE NON-FOOD REWARDS

for Children with Intellectual and Developmental Disabilities

Here are ideas for how to avoid the use of food rewards and provide non-food rewards for children with intellectual and developmental disabilities (I/DD).

Each bolded item represents a handout in this toolkit!

FOOD REWARD

is a food used to reward good behavior.

REINFORCER

is a technical term that describes an object or action used to teach and affirm desirable behaviors for children with I/DD. Reinforcers should be individualized and used as part of a behavior intervention plan.

Learn why it is important to avoid food rewards and provide non-food rewards for children with I/DD:

- **Why Prohibit the Use of Food as a Reward?**
- **Food Rewards Tracker**

Get ideas for ways to reward children without using food:

- **Preference Assessments for Children with I/DD**
- **Use Non-Food Rewards**
- **Use Physical Activity as a Reward**

Implement new strategies to reward children without using food:

- **Transitioning to Non-Food Rewards for Children with I/DD**
- **Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD** (in the 'Getting Started' section of this toolkit)
- **Everyone Plays a Role in Providing Non-Food Rewards for Children with I/DD**

For more ideas to provide non-food rewards for children, check out the other Let's Go! toolkits at www.letsgo.org/toolkits/

