

Pointers For Parents

How To Reward Your Child Without Spending A Fortune

(NAPSA)—Children generally strive to be their very best, but a little encouragement never hurts. As a matter of fact, for a lot of appreciation and a small reward, most kids will happily complete chores, share with their siblings, put away their toys or do just about anything you ask.

“Positive reinforcement is an essential part of raising children to be responsible, caring adults. It is just as important to acknowledge and reward positive behavior as it is to discourage negative behavior,” says Nancy Kavin, a marriage, family and child therapist. “The best way to teach good habits is to set up a reward routine. Have your child work toward earning a prize of their choice.”

Reward prizes don't have to cost a lot to be worth working for. Anything from a new box of crayons to a candy surprise can be a way to treat your child. The makers of Nestlé Wonderball understand that the key is to learn how to reward your children for the “little wins” in their daily lives without emptying your pocketbook or spoiling them with lavish gifts. Consider these inexpensive suggestions:

1. Head to the library or bookstore and let your child pick out a selection for bedtime reading. Make a cute centipede reading bug that remembers each book your child has read. With every new book, the



It doesn't have to cost a fortune to acknowledge a job well done.

reading bug grows longer!

2. Make your child's favorite meal for dinner—and serve make-your-own sundaes for dessert. Or treat your family to dinner at your child's favorite restaurant.

3. Host family board game night, and allow your child to choose the games, have the first turn and keep score.

4. Spend quality time with your child by enjoying a nature day: go on a hike, build sandcastles on the beach or swim in a lake.

5. Have a family movie night and ask your child to choose one or two videos/DVDs to rent. To accompany the movies, enjoy pop-

corn and snack on candy treats, such as a Nestlé Wonderball.

6. Go ice skating, roller skating, bowling or play miniature golf as a family. Allow your child to lead a game of “follow the leader” and let them keep score.

7. Purchase a Nestlé Wonderball for your child. Each creamy milk chocolate ball is filled with different ever-changing surprises—tangy SweetTARTS or Spree candy pieces in the shape of characters from Disney and Cartoon Network. Tucked inside the box is yet another surprise—a collectable sticker or temporary tattoo.

8. Start a nest egg for your children. Have them make a piggy bank out of crafts and then contribute a dollar every time they deserve a reward. They will be able to save up for their dream gift, which they earned for their hard work.

9. Highlight their milestones. Keep a scrapbook of all their accomplishments. Let them design a cover for the album and together you both can add a new page for each new achievement they've made.

10. Create an edible art project together. Use canned whipped cream on a paper plate to build a creation and decorate with the chocolate ball and candy pieces found inside a Nestlé Wonderball.

For more tips on family fun, visit www.VeryBestKids.com or www.wonderball.com.