

# Food may not be used for behavior management.

- Did you know that children's preference for sweets increases when sweets are given as a reward?
- Food as a reward teaches children to eat in response to a situation, rather than in response to hunger.
- Manage behavior with positive reinforcement, clear classroom rules, a child-friendly environment and realistic expectations.



Appropriate, effective rewards are immediate and mild:

- Social Recognition
- High five
- Thumbs up
- Hugs
- Special tasks or responsibilities
- Award Certificates
- Verbal thanks
- Activity Rewards (special story, game or song)

**Note: It is never appropriate to use food as a consequence, as in "You didn't take a nap, so you can't have a cookie."**

OCFS Regulation 418-1.9 (a) ... guidelines must include acceptable methods of guiding the behavior of children. (f) using food, rest or sleep as a punishment is prohibited.

MSA High Quality Indicator 2.4a Children's accomplishments, contributions, and responsibilities are meaningfully recognized.



**Children's Centers**