

Do food bribes improve behavior?

Wise parents realize that food bribes usually backfire – and that they can make a child's behavior worse, not better.

- ★ Loving parents know that food nourishes healthy kids. That's why they never use food to punish children.
- ★ You are the best reward for your child. Children love your time and attention – for doing special things, like reading together or just snuggling.

Choose one to start the conversation:

- 1 Parenting children can be a tough job – and it's easy to see why parents try to use food as a bribe for good behavior. What rewards, besides food, seem to work best in your family? Any helpful hints for other parents?
- 2 Learning how to set limits for kids is tough, too. Here's a list of tips that our parenting class has collected. Do any of these look like they might help you when you are having problems with your child's behavior?



Be likeable. Make your clients feel welcomed, comfortable and relaxed before discussing sensitive issues about their children.