

Healthy treats for the grandkids.

Food treats are commonly used by grandparents to reward and engage with their grandkids. Healthy treats have positive consequences and on the flip side unhealthy treats have negative consequences. Treats can impact far beyond short-term satisfaction or any health benefit for your grandchild.

Research shows that nearly one out of every four Australian children are overweight or obese. This needs to be halted and reversed if our grandchildren are going to grow up to be healthy adults.

Unhealthy food treats can:

- Harm children's dental health. Frequent sugary treats can lead to cavities
- Connect food to mood by teaching children to eat even when they are not hungry
- Contradict lessons about healthy eating learnt at school or in their own home
- Discourage positive attitudes towards food and lifelong healthy eating habits
- Reinforce eating outside of meals or snack times
- Promote a preference for sweets, teaching children to prefer them over healthy foods that don't taste sweet
- Conflict with parent's values



Active ideas

- An **Active Treasure Box** that encourages physical activity filled with hacky sacks, frisbees, bouncy balls, bubbles, balloons, yo-yos, slinkies, sidewalk chalk, paddleboards, nerf balls etc
- Seeds and a pot for children to grow their own plants
- Skipping ropes or hula hoops
- Take your grandchild to a dance class, rollerskating or swimming lesson or a park
- Play hopscotch
- Sports equipment eg tennis racket, soccer ball
- A bouncy handball to play against a wall
- Go for a walk with your grandchild
- Treasure hunt

Fun ideas

- An **Indoor Treasure Box** filled with stickers, erasers, finger puppets, note pads, playing cards, marbles, jacks, bookmarks, hair clips, stuffed animals, toy cars, pencils, markers, colouring in books, glitter, key chains, cups, magnets, back scratchers, crazy straws, temporary tattoos, books, bracelets, rings, necklaces, flashlights, scratch and sniff stickers



Have fun!
Be in the moment
Laugh!

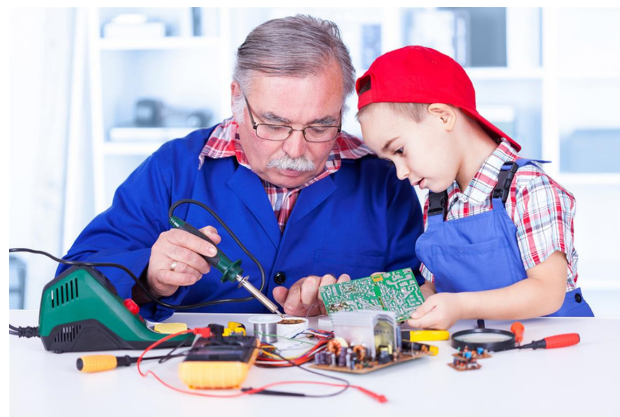
- Eyeglasses with nose disguise, funny masks
- Sunglasses, hat, t-shirt, shoe laces
- Movie ticket or video rental
- Cuddly toy
- Give your grandchild a special pin, badge, medal or hat to wear
- Have a hat party and join in
- Water toys will provide lots of fun and laughter
- A special water bottle



Creative time together

- Turn off electronic devices
- Draw, paint or scrapbook
- Put some music on and have a dance around the lounge room
- Play a board game, educational computer game or do a puzzle together
- Read a book
- Plant some seeds in your backyard
- Enjoy the outdoors by going for an after dinner walk
- Go to the park for a fun time of play
- Let your grandchild go for a ride on a bike under your supervision
- Fly a kite
- Take your grandchild on a special outing to a place of interest like an Art Museum or the library
- Take time to share and listen to your grandchild. The time together offers wonderful opportunity to understand one another
- Play a game of cards together
- Even learning to vacuum can be fun!

- Give a simple sewing, knitting or cooking lesson
- Build lego together
- Help write a letter, note or postcard to a friend or family member
- Creative Activity Kits eg hobby kit or paint by numbers



Social rewards

Social rewards, which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Verbal praise, nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

Very well done! You're the best!
Luv it! Super! Lovely! AWESOME!
THAT'S FANTASTIC! Magnificent!
Terrific! WELL DONE! Aren't you clever!
Really amazing! Superb! Wonderful!
That's Lovely! GREAT! Stupendous!
Beautiful! Amazing! Fabulous!
What Talent! Unbelievable!
What a Star! That's gorgeous! Marvellous!
BRILLIANT! Outstanding! A+ Wow
COOL. Keep it Up! GREAT JOB! Super!

For further information

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