



THE FAMILY TREE

Tips to Make Shopping with Children (a little) Easier

- Plan shopping trips when children are not tired or hungry. Go when you and the children are rested. Don't wait until the end of a tiring day.
- Try to avoid crowds. Shopping in the early morning is a good way to avoid most crowds.
- Discuss what you expect before entering the store. "When we leave, you can choose a _____, if you remember our rules."
- Bring a nutritious snack for the child to eat during the shopping trip. (Raisins, apples, etc.) But try to eat BEFORE you leave the house.
- Bring a favorite blanket, toy or book from home to help make the child feel secure.
- Give the child responsibility. (Help select the orangest oranges, find the cheapest can of green beans, match the coupons with the labels, etc.)
- Select a secret word or signal, which you can use to get each other's immediate attention.
- Don't let the child out of sight. Hold hands. Let them hold onto or help steer the grocery cart.
- Reinforce appropriate behavior with children. Talk with them, play with them, and engage them in the decision-making. Encourage the children to talk, watch, listen and think.
- Make shopping a game. "Do you know what animal milk comes from?" "What cereal can you see in a purple box?"
- Play "I see something" in the check-out lane and have the child guess what you see. Ask them to find things in the aisle that are red, in cans, for eating, not for eating, round, etc.

For support, call The Family Tree's StressLine statewide at 800-243-7337.