



Tips for Shopping with Your Child

Plan Ahead

Check attitudes. Is your child too tired or hungry to shop? Are you? If yes, postpone your trip or find a sitter.

Explain the rules. Before entering the store, explain your expectations using clear and positive language: "Stay close to me," and "Please speak quietly."

At the Store

Make a game out of shopping. Who can see the bananas? Who can find the shoe store first? Who can see a person wearing red? Which store begins with a T?

Give children some choices. When possible, allow your children to make some decisions. Blue or red socks? Chocolate or vanilla ice cream? Be prepared to bargain or compromise.

Praise your child. Thank them if they are helping you. Hugs are reassuring and say more than words at times.

If All Else Fails

Remember that kids will be kids. They are not perfect and neither are adults.

Ignore inappropriate behavior unless it becomes dangerous, destructive, embarrassing or annoying to others.

Remove a child who is out of control. Take him or her to a restroom or out of the store. Look your child in the eye and make it clear that this behavior is unacceptable.

Go home. If the child can not calm down, leave the store. If the shopping can not wait, find a sitter and return alone.