



TIPS FOR SHOPPING WITH CHILDREN

What To Do To Help Children Behave Without Spanking, Hitting or Yelling



Here are a few guidelines that can help you and your children to have a pleasant time while shopping:

- Discuss with your child appropriate behavior that is expected of him while shopping. For example, tell the child that running in the store is unacceptable.
- You can even discuss with your child what suggestions he would have if you were to misbehave.
- Try not to shop on a day when you have had a bad day or when you are so tired you could drop, because when you feel bad, patience while shopping with children can be strained. Also make sure the children are rested and are not hungry.
- Develop some “sign language” at home with the child - signals which mean “Stop,” “Come here,” “Be careful.” Use them in public.

AT THE STORE:

- Make shopping fun for yourself as well as the child. Relax. Try to forget other concerns and focus on really enjoying this experience with your child.
- Picture yourself shopping where you had absolutely no interest in the merchandise (hardware, etc.). Sounds pretty boring, doesn't it? Your child is most likely not always interested in where you want to shop. Therefore, you need to help him make it through the places where he has no interest.
- Promise to look with him where he wants to look and show an interest in what he wants to see.
- Play games. Tell him to count how many people are wearing something red, or how many babies he sees, or if someone is wearing a hat.
- Count how many steps it takes to get from one end of an aisle to the other end.
- Discuss the pictures on packages - have the child explain what he sees; name the colors in the picture; count how many letter A's, etc., he sees.
- Play “I see something” at the checkout register and have the child guess what you see.
- Reward good behavior. Promise to play a game with or read to the child when you get home (AND KEEP YOUR PROMISE).



IF ALL ELSE FAILS:

If your child gets out of control or embarrasses you, stop, pick him up (or take him by the hand), and take him out of the store, or to the restroom (to a private place), talk to him quietly, eye-ball to eye-ball, and tell him that his behavior is totally inappropriate. Wait for him to calm down no matter how long it takes. Then ask him if he is ready to try again. If he doesn't calm down, take him home. Explain to him the reason why you had to come home. If the shopping can't wait, find a sitter and leave him there while you return.



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