

## TIP SHEET: **Going Shopping**

Ages Affected: 1 ½–5 years old

Shopping with your child can be difficult because children get tired and bored easily and will then cry, whine and complain.

### Why does my child misbehave at stores and markets?

Children may whine, touch things without permission, run in aisles, get lost, throw tantrums or demand that you buy them things while at the store. Children usually find shopping boring and something that takes forever, especially when they don't have anything to keep them occupied. This makes children irritable and disruptive so they are more likely to misbehave.

### Here are some tips to make shopping with your child a little easier:

- Try to keep shopping trips with your child short.
  - Go shopping when your child is more likely to behave. You know your child better than anyone else. Timing is a big part of keeping yourself from going crazy when shopping with your little one.
  - Keep your child entertained. Bring something for her to do, to eat, to drink and to enjoy. Take some books or crayons and toys. Small items are best as your child will likely be confined to a smaller space. Bring a snack or, if you will be gone a long time, several snacks, something to drink or even a meal or money to buy some food.
  - Be careful about offering bribes. Instead, reward your child for good behavior.
  - Explain the rules before you go out. Rules can be simple like stay close to Mom and Dad; do what you are asked; walk in stores, don't run; use inside voices; and please ask before you touch something.
  - Decide before you go shopping how you will deal with bad behavior. Tell your child what will happen if the rules are broken.
- Before you leave the house, let your child know what you are shopping for and why you are going shopping. This lets him feel like he is a part of your shopping trip.
  - Make up games. Keep them entertained during longer shopping trips by having them point out different colored and shaped objects or putting items in the grocery cart.
  - Praise your child when he is good during shopping trips.

