

# A Walk Upstream

“The woman did what any decent person would do – she threw off her shoes and dove into the water to rescue the child.”

## Tips for shopping with children

Shopping with children – especially young children – can be trying and sometimes highly stressful.

Master the art of shopping with kids with these tips:

### 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 – Make your expectations clear before entering the store. This might include “Stay close to me” or “Use your quiet voice.”
- Agree on Rewards for Good Behavior – Keep it simple, such as a favorite snack, a stop at the park, reading a story or playing a game.

### At the store

- Make Shopping a Game – 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 children to make some decisions. Blue or red socks? Chocolate or vanilla ice cream? Be prepared to bargain or compromise.
- Play “I Spy” – Give clues to something you see, and ask your children to figure out what it is.
- Praise Your Child – “You are being so helpful.” A hug can be reassuring and say more than words at times.
- Remember – Kids will be kids; they are not perfect. Neither are we, but we are the adults.

### If all else fails

- Ignore Inappropriate Behavior – Unless it becomes dangerous, destructive, annoying to others or truly embarrassing, you can ignore it.
- Remove an Out-of-Control Child – Go to the restroom or out of the store. Speaking quietly and calmly, eye to eye, tell your child that the behavior is absolutely unacceptable.
- Wait – Saying nothing at all, wait for your child to calm down, then ask if he is ready to try again.
- Go Home – If your child cannot calm down, go home. If the shopping has to be done, find a sitter, and return alone.

