

TIPS FOR SHOPPING WITH CHILDREN

BEFORE LEAVING HOME:

1. Discuss rules for the store. Let the child know, no junk food, toys, etc. when we leave, you can select a package of raisins/nuts if you remember the rules.
2. Roleplay the shopping experience ahead of time with the child. Let him know what you expect. Have fun. Laugh. See what his suggestions would be if you were to misbehave.

AT THE STORE:

1. Make a game of it. Who can find the potatoes first? Which blouse is the best bargain? What color does he like?
2. Count how many steps it takes to get from the Kix cereal to the Chex, or between the shoe department and the check out counter.
3. Play a game with the child. (Let's count how many people are wearing sneakers.)
4. Play "I see something" in the checkout lane (or any aisle) and have the child guess what you see.
5. Reward good behavior. Promise to play a game with or read to the child when you get home and then follow through with your promise.

IF ALL ELSE FAILS:

1. Ignore inappropriate behavior unless it is dangerous, or destructive to you or to others.

WHAT TO SAY (OR DO) WHEN PARENTS ABUSE THEIR CHILDREN IN PUBLIC

1. "He seems to be trying your patience."
2. "Gee it is hard to get your shopping done with small children along."
3. "My child used to get upset like that."
4. "Children can wear you out, can't they? Is there anything I can do to help?"
5. Strike up a conversation with the adult. See if you can re-direct his/her attention away from the child.
6. "Looks like you're having a rough day." Hoping to relieve tension and perhaps open up some communication.
7. Praise the child and/or parent at first opportunity.
8. Talk sympathetically to the child, i.e. "You're tired and really want to get out of that cart."
9. If you are concerned about the physical safety of the child, alert the store manager.
10. If you know the parent, offer to watch the child while she/he takes a break, gets a drink of water, etc.

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Child Assault Prevention Project (CAP)