

Supermarket Survival

I was watching an item on budgeting on television last week and they were saying how we shouldn't take our children to the supermarket cause we end up spending more than we need to – catering for all their needs and wants. I was saddened to think that the message going out is that it is easier to leave them at home. Taking our children to the supermarket is such a valuable experience that this week I have written a few ideas that will make taking the 'kids shopping' a bit easier.

- Plan your shopping trip, have a list so you know exactly what you need (this avoids buying unnecessary items), and make sure you go when your child isn't tired or hungry.
- Talk to your child about the trip and the behaviour you expect of them. Establish some rules around supermarket shopping which may be: sitting in the trolley or holding onto the side of the trolley (what ever is age appropriate), only touching what you're asked to touch, using your walking feet, using quiet voices, etc.
- Explain the consequences of what may happen if they forget how they are expected to behave. This may be that they will have to hold your hand or the trolley or miss out on their reward.
- Decide on a suitable reward for behaving appropriately while shopping. This may be having a swing on the way home at the park, or Mummy/Daddy doing something special with them when they get home.
- Continue to remind them of the rules and reward as you are shopping and reinforce the behaviour you want to see more by praising the good behaviour as it is happening.

Remember you are the adult and if you don't want your child to have something then that is fine – don't buy it for them.

This tip is brought to you through funding from SKIP and the Kindergarten Association. If you would like more advice on this or any other parenting issues please contact Brenda at the Kindergarten Association.

Happy shopping