

Trouble At The Store?

When you take your child to the store you open up a whole new world to him. There is so much to see and touch--and you know how curious your child is! With all of these new sights to tempt your child, he is more likely to get into trouble. Try to have reasonable expectations of your child while at the store. If you cannot control your child at home don't expect to control him in the store.

Tips for Going To The Store

1. Do not take your child unless you have to.
2. Shop early in the day, when both of you are rested.
3. Feed your child before going shopping.
4. Limit your shopping trip to one hour.
5. Keep your child seated in the cart and use the safety strap.
6. Talk to, and play games with your child about what you are doing. For example: "Who can see the bread first?" or "Should we buy the red apples or the yellow apples?"
7. Bring a special toy that is only played with while shopping.
8. **Praise your child for being good.**

What You Can Do When Your Child Acts Up In The Store

If your child acts up in the store, deal with it right away. If you say, "I'll talk to you when we get home." Your child will not remember her behavior in the store, by the time you get home. When your child learns that acting up *anywhere* is handled right away, you may find trips to the store go a little easier.

You may want to try time out for acting up in the store. A time out can be in the bathroom, outside, in the car, or right where you are. Never leave your child alone in the store, or in the car. A time out in the store can be embarrassing, but handling the problem now means fewer problems later on. During the time out talk to your child quietly, wait for her to calm down and then try again. Always, praise good behavior.



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**The Guiding Childhood Behavior Series
has pamphlets on the following topics:**

- biting
- crying
- discipline
- going to the store
- lying
- stealing
- teaching independence
- temper tantrums
- toilet training

**Contact the Kent County Health Department
if you would like to know more about these or
other childhood behaviors.**

**Kent County Health Department
700 Fuller Avenue NE
Grand Rapids, Michigan 49503
(616) 336-3040**

Copies of this brochure are available on the Kent County
Health Department web site at
www.co.kent.mi.us/health/publications.htm

GOING TO THE STORE

Guiding Childhood Behavior Series



This pamphlet tells you:

- things you can do to keep your child
from acting up in the store.
- what you can do if your child acts
up in the store.