



Shopping With Toddlers



Introduction

It can be quite stressful having to go shopping with a toddler who just wants to explore. You want to get things done and have a look at things, your child wants to see how far away they can get from you or just check out what the shops have to offer eg. toys

Sources

- ◆ www.kidspot.com.au

You may wish to go grocery shopping on a weekly basis as a family, but think it is all a bit too difficult?

Why not try to get your child involved in the whole experience (children love to help) and turn the trip into a learning opportunity as well!

Try these suggestions for better shopping trips:

- Encourage your child to get the item you require off the shelf and place in your trolley/bag
- Hand items to your child to place on the conveyor belt at the checkout
- Ask your child to help put the items away when you get home
- Ensure your toddler goes shopping on a full tummy
- Always have a snack and drink available for your toddler when going shopping
- Make a picture shopping list that your child is able to match when the items are found
- Try singing songs together as you go down the aisles
- Avoid the rush hours – Usually weekdays before 11am supermarkets have fewer shoppers meaning shorter lines and easier movement throughout the store
- Ensure you go armed and ready with your own shopping list
- Teach and talk – Use your toddler's natural curiosity by engaging them in conversation with what they can see, smell and touch (where appropriate!), for example, "This corn is bumpy, would you like to feel?"
- Never shop during your toddler's nap time (sleep is always a priority and can help avoid tantrums)
- Pack something for your child to do – books, goody bag or anything else that works
- After shopping reward your child for being good by visiting the park, playground, library or even a treat at a café.
- Praise your child frequently for good behaviour and try to ignore inappropriate behaviour