

# Tips for Stress-Free Shopping With Your Child

Shopping and errands can be a drag for both parents and kids. The following tips can make such outings more fun and less stressful!

## Plan your trip:

- Go when your child is not tired or hungry and when you are rested. Try not to go at the end of the day.
- Bring a favorite toy, book, or blanket to help your child feel secure.
- Talk about rules before you go into the store such as "Use your indoor voice," and "Stay where mommy can see you."

## At the store:

- Talk to your child to keep them engaged. Talk about smells and colors of food or how you will use the item.
- Reinforce good behavior such as "You are doing a good job keeping your hands in the cart."
- Give your child a task or play a game. For example, ask your child to check items off the list, pick out five apples, or find the cereal in the purple box.

Community Prevention Tips and Resources.  
Children's Trust of South Carolina.

