



# F.E.A.T.

Families Empowered and Transformed

P.O. Box #713 Oakley, CA 94561

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[www.feacoco.org](http://www.feacoco.org)

## **Triple P Parenting Tips: Hassle Free Shopping with Children**

Some of the most difficult times for parents are when their child misbehaves in public. Those times when children will not do what they are asked, or lose their cool. Parents often have to deal with difficulties like these when they are out shopping.

### **WHY DO CHILDREN MISBEHAVE ON SHOPPING TRIPS?**

Most children and teens get tired quickly and can become irritable and disruptive. This can happen when parents have lots of shopping to do and expect their child to be patient for too long.

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If children are ignored when they behave responsibly, and only get attention when they become disruptive, problems are likely to occur more often.

Sometimes parents stop taking their children on shopping trips because they misbehave. If children are not given opportunities to learn how to behave responsibly on shopping trips, it is likely that problem behavior will continue.

### **HOW TO HELP PREVENT PROBLEMS ON SHOPPING TRIPS**

Teaching children new behavior and skills takes time and effort at first but will make shopping trips easier and more enjoyable in the long term. To make a start, plan a series of short practice shopping trips spending about 5 minutes in a store. Leave longer shopping trips until your child can manage shorter ones.

#### **Maintain Your Child's Routine:**

Take your child shopping at times when they are most likely to enjoy it, not during usual sleep or meal times when they are likely to be tired or hungry.

#### **Prepare Your Child for the Trip:**

Before you leave home, tell your child where you will be going, what you will be buying and when you will be back. Make sure to answer any questions about the shopping trip.



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### **Explain the Rules:**

Decide on two to three simple rules for shopping. Ideally rules should tell your child what to do rather than what not to do. For example: stay close to me, walk down the aisles, ask before you touch.

### **Talk about Rewards:**

For the first few shopping trips, you may want to reward your child for following the rules. Tell your child what they can earn if they follow the rules. Suggested rewards can be going to the park, spending special time with you or one item from the store that you have talked about before.

### **Talk about consequences**

Decide ahead of time exactly how to deal with problem behavior. Tell your child what will happen if the rules are broken, such as, leaving the store right away or not getting a reward.

### **Plan some Activities:**

It may also be useful for you to think of some suitable activities for your child to do, such as finding items on the shelves, counting purchases, keeping track of the shopping list.

### **Key Steps:**

- First, keep shopping trips short and frequent.
- Try not to disrupt your child's usual sleeping and eating routine.
- Remind your child of the rules for shopping.
- Praise and reward your child for following the rules.
- Act as soon as the misbehavior occurs
- Review the shopping trip with your child afterwards.

For further help see the upcoming [Parenting Classes](#)

These monthly Parenting Tips are provided for anyone who is helping raise children, and are based on the world-renowned Triple P – Positive Parenting Program, available to families in the Bay Area. If you have a question or idea for future tips, email us at [info@featicoco.org](mailto:info@featicoco.org)