

Tips for Parents of Young Children



Parenting.
Give it time.

Shopping

(suitable for 1-5 years)

Going shopping can be an exciting experience for children, and a chance to develop their talking skills by pointing out new and interesting things. Sometimes, however, young children get overwhelmed and frustrated, which can be stressful for you.



Here are a few ideas to make shopping less stressful:

Plan ahead

- Try not to go close to meal or nap times or when you're in a hurry.
- Avoid shopping at busy times, so you will be less likely to have to wait in queues.
- Pack a drink and healthy snack and bring along a small toy or book to distract a baby or toddler.
- Let your child help prepare a shopping list. They can draw pictures, cut out catalogue pictures or make marks on the paper with a crayon.
- Or you could give them their own list which shows things you want to buy. For example you could draw 3 apples and 2 bananas on their list.

At the shops

- Point out things you see around the shops – talk about colours, sizes and shapes and what your child is experiencing, for example if they are cold in the freezer aisle.
- Let them hold their shopping list and look for those items.

- Let your child put things in the trolley; pass them things to put on the counter or in your shopping bag.
- Play games like I spy or sing a song like “The wheels on the bus go round and round.”
- Praise your child for finding things on the shopping list or for being patient while you shop.
- Try to keep shopping trips short. It is hard for children to be patient for long periods.
- Give them something to look forward to once the shopping is finished like a trip to the park.

If things get stressful

- Don't give in to demands for toys and sweets. When you say 'no', stick to it. If you say 'no' then give in, your child may get the message that pestering and whining can work. Try to distract your child instead.
- Try to stay calm if things get stressful. Counting to ten and taking a few deep breaths might help.
- Try to think about what triggered the problem. You might be able to avoid that situation next time.

Don't worry about what other people think!

It can be stressful if your child has a tantrum while out shopping. Don't worry if there are people watching. Stay calm and forget about them – most people will be watching with sympathy as they've probably been through it too!



For more helpful tips on shopping and on positive parenting techniques, visit: gov.wales/giveittime