

Surviving the supermarket

The supermarket is a really exciting place, but sometimes it can all get too much for young children.

Plan

Ask your children to help you write the shopping list. Talk about what you need to buy.



If you can, try to shop in the morning when everyone's fresh. Avoid going in a hurry or when your child is hungry, tired or sick.

If you've got more than one child, can you ask someone else to come along or look after one of the children at home? Maybe you could offer to do a kid swap with a friend.

Take a couple of small toys and snacks for distraction.



Once you're there



- Involve children by giving them choices – “strawberry or apricot yoghurt?”
- Keep your trolley away from stuff that your child might want but you don't want to buy.
- Give them a job, for example, looking for something on the list.
- Keep them in the trolley so you can talk to them and involve them. Older children can hold onto the trolley as you go round.

At the checkout



- Play games such as I Spy while you wait. Use colours – “I spy something red.”
- Give your child some groceries to put on the checkout counter.
- Let them push the button on the eftpos machine.
- Thank them for being helpful.