

TIPS TO SHARE AT THE GROCERY



You've had an exhausting day and you still have to go grocery shopping. Let's make the trip as easy as possible for you and your little one.

- Leave the child with a trusted adult. (A trusted adult is someone who is loving and kind even though an infant or young child may be cranky, crying and upset.)
- If you're a trusted adult, offer to watch a child while the parent goes grocery shopping.
- Always take your infant or toddler into the store with you. Never leave the child in the car with the engine running—even for a "quick moment."
- If it's close to meal time, bring along a snack.
- Offer your child a nutritious snack like grapes or apples. Sugary snacks might send him or her into overdrive.
- Bring a toy or book to keep a young child occupied.
- Never leave your child unattended in your shopping cart.
- Prevent falls from the shopping cart by using the seatbelt and not allowing your child to ride in the cart basket.
- Make a game of finding things on the shelf or let little ones help put items in the cart.
- Thank your young child for being helpful.

If you see someone at the grocery store who is about to pop their cork because they didn't get these tips:

- You could assess whether or not you're comfortable speaking to them. Acknowledge their frustration. Often having someone notice our state of mind is enough to dissipate the tension.
- If speaking up is not your thing, that's okay. Look around for an authority figure. Ask them to assist in calming the parent down. Remember you're acting on behalf of a child, so it's okay to express your concerns.
- Keep mints or gum, offer to the parent as a diversion.