

How to Avoid the Grocery Store Meltdowns ... and feel PROUD of your KIDS!

TEN Tips to create the change you want.

#1 Set your Expectations by telling them ahead of time.

What DO you want their behavior to be?

Children do not know what behavior you want.

What is repeated is learned as correct.



#2 Role play the behavior you WANT.

Let children SEE and PRACTICE the expected behavior.

*behavior is learned. Role play allows a re-teaching and re-learning experience.



#3 Give your child a job - MAKE IT FUN!

Children love to help and it is important for their development to allow helpfulness.

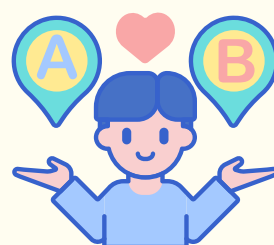
- "Neatly place items in the cart" or
- "Please bag the groceries" or
- "You get the carrots and I will get the onions."



#4 Give choices when appropriate

"Today, I'm getting juice. Do you want orange or apple?"

You make choose ONE item that you want us to bring home



#5 Explain that there are times to talk and times to NOT talk

Learning to WAIT takes practice. Teach the pause.



"I want to hear what you have to say. Right now, I cannot listen well. I am thinking. Tell me when we get in the car."

**For older children, this might be that off - topic conversations need to wait, but meal discussion is allowed.

#6 While learning, children need reminders.

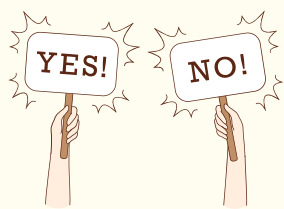


A **young child** will wait for a few seconds when first learning. Celebrate this! Give a chance to talk for a few seconds, then restart the waiting. Giving your child something to do, such as look at or hold the cereal box is helpful.

An **older child that reads**, might be required to WAIT to talk about other topics until the shopping is done. Re-focus your child to the task.

#7 "No." is an important life word

Many parents need practice saying No, happily and without guilt. Therefore, many children need practice hearing and accepting "No."



#8 Shop after sleeping and after eating

A hungry or tired child will have a hard time in any situation. Set your self up for success with rested and fed children.



#9 Be Patient

Remember... Kids are naturally impulsive. To WAIT is to learn self-control. They will forget to be quiet. This is not necessarily disobedience. It might be forgetfulness.

#10 Take time for YOU to get into your own state of calm and happy before you shop.

Kids naturally mirror those around them.



For more parenting tips and helps, Contact :

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