

# What To Do In The Grocery Store To Help Kids Behave...

## Plan Ahead

- Check attitudes—Is your child too tired or hungry to shop? Are you? If yes, postpone your trip or find a sitter.
- Agree on rules—Before entering the store: “Stay close to the cart.” “Use your quiet voice.”
- Agree on rewards—For good behavior: Keep it simple—choice of one snack food or a stop at the park. Promise to read a book or play a game at home.

## At The Store

- Make a game of it—Who can see the potatoes or soap first? Do you remember which animal milk comes from? Who is wearing red? Which foods start with a “B”?
- Involve the child in the shopping—“Should we buy apples or oranges?” “Corn flakes or raisin bran?” “Popsicles or ice cream?”



- Play—“I see something” in the checkout lane; ask the child to guess what it is.
- Praise your child—“You are so helpful!” “You are making good choices today!”

## If All Else Fails

- Ignore inappropriate behavior unless it becomes dangerous, destructive, embarrassing to you, or annoying to others.

- Remove a child who is out of control—take him to the restroom or out of the store. Tell him quietly, eyeball to eyeball, that his behavior is totally unacceptable.
- Wait and say nothing else until the child calms down. Then ask if he is ready to try again.
- Go home if the child cannot calm down. Find a sitter and return alone.

**Remember: Kids will be kids—*they are not perfect!***



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