

# 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.