

SOLUTIONS FOR COMMON CHALLENGES

Lesson 9: Shopping trips



Prepare beforehand:

- Talk about how you expect your child to behave.
- Make a pictorial or written list of items to buy. Give your child their own small list with a few items. You could also memorise a few items to find together. This helps train their working memory and is a great life skill.
- Or your older child could write their own list and take responsibility for finding those items.
- Timing is everything! Make sure they've had a snack and are not due a nap. Schedule shopping trips for when they will be able and willing to participate – early in the day if possible.

On arrival:

- Remind them how you expect them to behave.
- Ask if they want to ride in the trolley or walk next to you holding on to it?

Involve them during the shopping experience:

- Look for one item at a time together: *“Can you spot the lemons? Hmm I wonder where they could be? Oh yes, you’re right! You found them! Thank you!”*
- Let them experience each item sensorially: *“Would you like to hold the lemon? You can put it in the trolley carefully when you’re ready.”*
- *“What do we need to look for next? Let’s check our shopping list. Can you find some butter?”*

If they have a tantrum:

- Leave the trolley somewhere and take your child outside or to the toilets. Deal with this without an audience.
- Acknowledge they are upset, help them calm down and then find a solution together.
- It doesn't matter if this takes a while. Point out birds in the sky, lorries, window stickers or anything to distract them. Then deal with the situation.
- Return to your trolley once they are calm and continue your shopping trip.

At the till:

- Let them place items on to the conveyer belt.
- Encourage them to say hello to the cashier: *“You can say hello to the nice cashier. Hello! How are you today?”*
- Let them pass you items to pack or put them into the bags if they can reach.
- Give the money or your card to hand over to the cashier when it's time to pay.
- Encourage them to say thank you and goodbye when you're all done.

Reflections:

- **Do you usually go shopping with your child or order everything online?**
- **Can you see how much fun and learning can happen while shopping together?**
- **What techniques will you use next time to make the experience enjoyable for everyone?**

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