

# GROCERY STORE SURVIVAL PLAYBOOK

## 7 Simple Steps to Prevent a Grocery Store Meltdown

### PLAN YOUR LIST

Create your shopping list ahead of time and cut time by knowing exactly what you need to purchase. Eliminate additional roaming through aisles and stick to your list.

### SET EXPECTATIONS BEFOREHAND

A shopping trip can be very frustrating if your kids nag you the entire time about purchasing toys or treats. Be very clear before walking into the store about whether it is a "toy buying day" or not. Remind them several times before entering.

### SHOP DURING PEAK KID HOURS

Shop when your child is at his/her best. Kids behave best when they have full bellies and plenty of rest. Taking a hungry or tired child into a store and expecting them to behave well is setting them up for failure and you for frustration.

### GIVE YOUR KIDS A JOB

Kids love to feel as if they are part of the team. Give them a job to do while shopping. Whether they are the list manager, time keeper, produce picker or cart pusher... give them a job so that they feel as if they are being helpful.

### MAKE IT FUN

Although grocery shopping may not be your favorite way to spend your time try to make it a fun and enjoyable time with your kids. If you go into the store frustrated and in a rotten mood chances are your kids will follow.

### GIVE 'EM THE CHEESE

If behaving well, let your kids scoop up that free piece of cheese from the deli. Most kids love cheese and look forward to hitting up the deli counter. Sometimes we even shoot for a small cookie from the bakery - yes, a treat is ok sometimes:)

### SHOW APPRECIATION

Let your kids know you've noticed their positive behavior by telling them. While walking out of the store say things like "Thanks so much for your help in the store. I appreciate your good behavior." Although good behavior is expected, it's encouraging for them to hear that you've noticed.

