



Tips and tricks on the topic of...

Shopping

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Shopping with children isn't always easy. For small children a supermarket is a huge sensory overload! The shopping environment is not made for children. The numerous impressions and temptations overwhelm a child. Explain to your child the procedure and the rules before going shopping.

What you can do:

- Go shopping at a time when your child is neither tired nor hungry.
- Keep shopping short!
- If your child follows the rules such as «Keep close to the trolley» praise him or her.
- Intervene immediately if your child does not follow the rules, for example if it opens a package or runs away. Tell him what to do instead.
- Keep your child busy with small chores such as: getting milk or holding a package inside the trolley.
- If everything fails, stop shopping!
- Do not give in to your child's desire for a toy or sweets.

Incidentally:

Do your weekly food shopping without your child.

Früherziehungsdienst des Kantons Bern FED

Geschäftsstelle, Frankenstrasse 1, 3018 Bern

Telefon 031 869 18 78, info@fed-be.ch, www.fed-be.ch