



Tips for Taking Children to The Grocery Store



A trip to the grocery store can be a fun or horrific experience. It is truly all in how you are prepared for the adventure. Anytime we go out with our children, we need to be prepared for life and personalities to show up in any shape, form or fashion.

Here are some tips for younger and older children

- Eat a meal or a good snack before you go. This includes you, Mom. Eating before you go will decrease grumpiness and splurge shopping.
- If you have small children, go well before or after nap time. Do not attempt the grocery store during nap time.
- Go early in the day. This was always the best time for my children. If you work and can not go early in the day, I highly recommend a weekend morning (never after work with tired and hungry children who want Mommy's attention).
- Do not talk, tweet, text, chat or facebook on your phone at the store. This will distract you and your children.
- Let your children help. If you can create lists with pictures (for small children) or regular lists for older children, they will love helping Mommy fill up the cart.
- Take a toy for your littles. My little ones always loves having a toy and a possible trip to the bakery for a nice treat while we shopped for groceries.

Preparing for the grocery store may seem silly or mundane, but just like you prepare for your mornings and evenings – this will help you increase the fun and laughter in your days out with your children.