

## PREPARING FOR HOLIDAYS – GOING SHOPPING

While we look forward to spending time with family and friends during the holiday season and seeing the excitement in our children, holiday shopping can sometimes be a bit of a trial for parents, especially when it's necessary to take the children with you. To help your children to behave responsibly during your holiday shopping trips, try the following ideas:

- ◆ Before you leave home, tell your child where you will be going, what you will be buying and when you will be back.
- ◆ Plan some activities for the shopping trip. For example, you can involve your child in the shopping trip, i.e. make a shopping list for him/her; ask him/her to choose a toy for their cousin; or for younger children, spotting different colours, shapes and sizes of items while you shop.
- ◆ Make a few appropriate shopping behaviour rules and discuss them with your child before you leave. Make the rules positive and state them clearly, i.e. stay close to Mom or Dad; walk in the store; ask before you touch.
- ◆ Praise your child for behaving well and following the rules, i.e. "You are staying close to Dad while we shop Brendan, thank you."
- ◆ If your child does not follow the rules, remind them and tell them what to do instead, i.e. "Stop running, you are to walk in the store."
- ◆ Back up your instruction with a consequence if your child still does not follow the rule, i.e. you can ask them to stand beside you for a short, set period of time, and then resume the shopping trip.

Planning ahead and explaining the rules and consequences to your child before you set out on your holiday shopping trip can help to make your trip more enjoyable. Have a happy holiday season.

For more information contact:

- ◆ Your local Health Unit
- ◆ Triple P Positive Parenting Program [www.triplepvp.ca](http://www.triplepvp.ca)

### Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490

