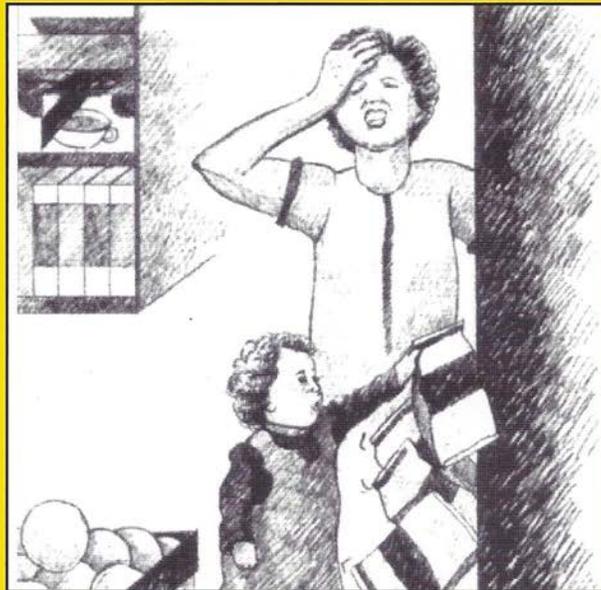


When shopping with your child gives you a headache...



Try a different approach...

These tips might help

These tips might make shopping with your child easier:

▶ **Check attitudes.**

Is your child too tired or hungry to shop? Are you? If so, postpone the trip or ask a friend or neighbor to go with you.

▶ **Agree on rules.**

Before entering the store, tell your child, "Stay close to the cart," or "Use your quiet voice."

▶ **Agree on rewards for good behavior.**

Keep it simple: a stop at the park or one snack food.

▶ **Make a game of it.**

Who can see the potatoes, soap, etc. first?

• • •

**Whatever the situation,
HITTING YOUR CHILD DOESN'T HELP.**

**DEPARTMENT OF
HEALTH**
...in pursuit of good health

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