



## PARENT TIPS: SHOPPING SURVIVAL GUIDE

- Explain importance of shopping list
- Work on list together
- Get layout of store so you can plan your trip
- Organize your grocery list according to the aisles
- Make a shopping bag together (or purchase the children's "going green" shopping bag and have them decorate it)
- Engage child in calming activities before going to the store
- Play calming music on ride to grocery store
- Provide child with a timer (on phone...)
- Go at a time of day that is not as busy
- Give child a set amount of items they are responsible for gathering and either hold on lap, in back-pack, or in going green bag
- At end of each aisle give child piece of snack...
- At end of each aisle check off on list aisle completed
- Grocery bingo use clip-art, photos or magazine clippings of your frequently bought items and put them on a bingo card for child to cross out when he or she finds
- Pack snacks/drink
- Allow child to take pictures of "grocery" travels
- Social stories
- Grocery wrap (Velcro piece of material on to handle and have Velcro pictures of the items in the aisle on the handle so they can identify and remove it when each aisle is done
- Hold-punch each aisle done
- Phone or visual schedule

### Car-Cart

- Toll-booth game: provide child with pretend money and at the end of each aisle have child give you a dollar or coin and you give either a ticket in return or a piece of a packed snack. Ticket rewards vary from family to family. At the checkout consider allowing child to pick a reward...Take microfiber cloth for child to "clean" the inside of the car and if they need a break from in the car they can "clean" the outside
- Add weight to the steering wheel
- Pad to sit on
- Grocery bag made on lap with textures and identify specific items for child to put in...can also be used at home for child to reach in and identify objects inside without looking (during trip... put an item that child has to identify and gets points for each one he/she identifies)

### Sitting in Cart

- Therapy band on cart to kick



## Walking

- Child push the cart for deep pressure
- Light weight on legs

## Identify triggers of difficulty for child:

- **sound:** ear-plugs or allow child to listen to soft music
- **smell:** place a small dot of a scent they enjoy under their nose or have it on an item that they can smell when they smell something unenjoyable; if in car hang air freshener
- **touch:** provide fidgets in a bag for them, pad for cart comfort
- **vision:** fluorescent lights may be difficult...glasses or hat