### EMERGENCY GUIDE FOR SUPERMARKET

Tips to make family shopping a better time





# Why is shopping with children often complicated?



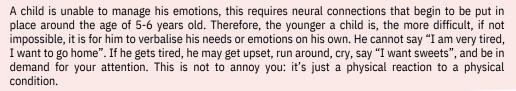
**Supermarkets are "over-stimulating" places** (too much visual + auditory + olfactory stimulations).



**Children's brains are immature:** they don't know how to deal with emotions, stress and over-stimulation until they are 5-6 years old!.



An over-stimulated brain is "like a computer bug", that is why tantrums during or after shopping can be misinterpreted.



What is an OEV?

OEV (Ordinary Educational Violence - VEO in French) is physical, psychological and/or verbal violence described as « educational » because it is used to educate and make the child obey and "ordinary" because it is often daily and considered normal.

In France, according to the law of July 19th 2019:

"Parental authority shall be exercised without physical or psychological violences."

cdfi

For more information: www.stopveo.org

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## Tips and tricks Prevention: to avoid a crisis, think about "needs"

Needs Answers		
- Eat - Drink - Sleep	Anticipate fatigue, hunger, the need to move	Have a game, a book, a snack/drink. To be given as soon as the child starts to get agitated
- Move - Play - Learn	Invent a game to distract children's attention and concentration while having fun (find as many products of a particular colour as possible	Give the child specific objectives appropriate to his age, involve him in finding/choosing products
- Attention - Affection - Attachment	Give regular "affectious contact" (cuddling, stroking hair, tender gaze) to release a soothing hormone in the brain (ocytocine)	Decode the "I want that!" into "I need attention" and understand that the child mostly needs his desire to be heard and not specifically satisfied.  Describe the object and suggest to add it to a list (Christmas, birthday)
Security	Prepare him: "we are going shopping to buy food. You have to (e.g. walk by the	Avoid going to the supermarket with children as much as possible (Drive)
	trolley)"	

When you hit/punish/humiliate/threaten a child, you teach him that might is right, that the child is the weakest, that he is not in a position to express himself when threatened. It is more constructive to listen to his needs, to respond to them and not to leave the child feeling unheard.

#### What to do when facing a tantrum?

#### Stay calm

stress is contagious, calm is soothing

#### Leave the shop

if necessary. Changing location helps to change emotions: Outdoors, there is less "over-stimulation"

#### Offer a hug

a cuddle is a reassuring contact

#### Avoid the word "no"

Focus on positive words while standing firm on your refusal

#### Use a diversion

focus on something specific (e.g. fix a goal in the form of a game)

#### Create a bubble

with your child, ignoring the gaze of others

#### Take a step back

on the emotions and the situation, helps to calm down.

#### Describe

verbalise the situation, put words to his feelings



