

Going Shopping

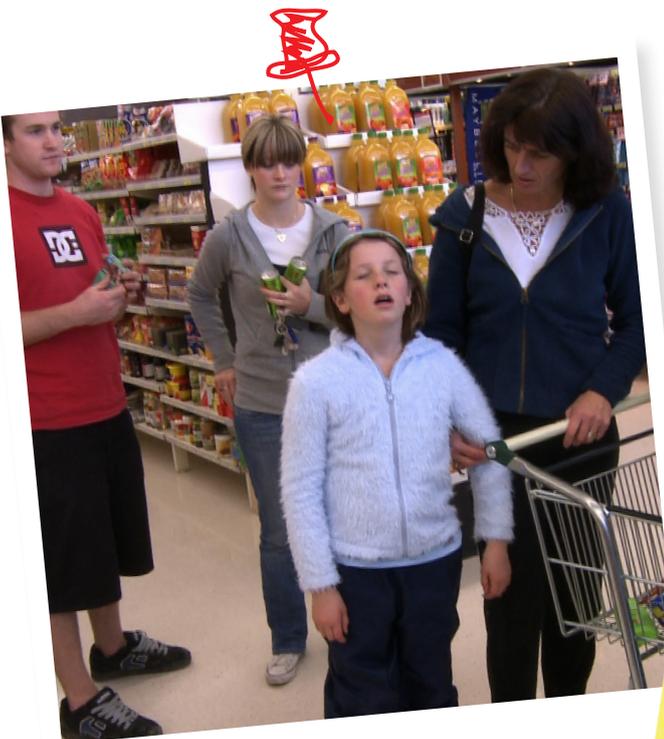
In My Shoes
Painters for Parents

Supermarket

1. Consider desensitising your child to the supermarket by taking them at a quiet time e.g. 6 am in the morning.
2. Make the trips short.
3. Use a photo book with one item on each page.
4. Aim to buy a few high interest items then leave.
5. Gradually build up the number of items in the book.
Put the items in order to match the layout of the supermarket e.g. fruit first, frozen last.
6. Introduce yourself and your child to the staff.
7. Make it a fun experience.
8. Extension - Buy the ingredients for a simple meal or premix baking. At home encourage your child to help you make the meal using step by step visual instructions (e.g. 2 minute noodles, premix muffins, show step by step photo instructions).

Hairdresser

1. Take your child past a hair salon. Stop and look in the window. Discuss what you can see.
2. Choose a hair salon. Visit with your child. Meet the staff.
3. Ask if your child can explore the shop (during a quiet time). Make it fun e.g. the chair goes up and down, the taps turn on and off. Count the combs and the brushes. Play with any toys. Sweep up some hair etc. Get your child familiar with the shop but don't attempt a haircut.
4. Take your child to watch a familiar person getting their hair cut. Talk about how they behave. "Good Dad. He is sitting still." "Dad is wearing a cape, so he doesn't get hair on his clothes."
5. Buy some cheap dolls and let your child practice cutting their hair.
6. Role play haircuts at home with a brush, water sprayer, cape etc. Let your child be the hairdresser, while you are the customer.
7. Read books about haircuts (there are plenty of picture books). Look at the pictures and discuss what is happening.
8. When you take your child for their hair cut, go at a quiet time. Explain to the hairdresser beforehand what you want done. Take a support person. Take a strong reward e.g. a first/then visual. First haircut then ice cream.



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resource for
more tips.