

Back-to-school Shopping



REVIEW CHECKLIST

For a positive back-to-school shopping experience

- Do I make a shopping list with my child, if developmentally appropriate, and then stick to it while shopping?
- Do I monitor screen machine time to minimize the commercial media messages that my child is exposed to?
- Do I understand the goal of advertising, and help my child become media-literate by analyzing commercials with her?
- Do I explain the schedule and/or provide a visual to my child before we leave for shopping, so he knows what to expect?
- Am I realistic about shopping with my child, and plan accordingly with her needs in mind?
- Do I always make sure my child and I are leaving the house rested, alert, well fed, and hydrated to ensure a positive experience?
- Do I make an attempt to create an atmosphere of fun, with games and humor, when shopping with my child?