

Positive Behavior Strategies:

Running Errands



*Running errands with your child can be stressful!
Here are a few tips to make this chore easier for
both your child AND you!*

- **Try to run errands when you and your child are not overly tired.** Tired children (and adults) are less patient and have more difficulty waiting in line, sitting in traffic, etc.
- **Give your child a warning** that you will need to leave the house soon and where you are going. Set a timer or use a sand timer to let your child know when it is time to leave.
- **Let your child know what will be happening.** For instance, "First, we will go to the grocery store, then we will go to the park."
- Some parents have a **travel book with photos of different places that are frequented** during errands. You can refer to these pictures as you are talking about which places you will be visiting.
- **Have something in the car for the child to do.** Magnadoodles are good car "toys", as are books. It is probably best to leave the DVD player for longer trips. You may also want to include a snack in the car for your child. CD's are good for singing along in the car.
- If your child is still in diapers or a pull up, **make sure you have stocked the diaper bag** and bring it along so your child will be comfortable.
- Ask your child's teacher or therapists for suggestions they may have to make running errands easier for you and your child.