

SHOPPING AT THE SUPERMARKET

This book's pointers

When a child makes a scene in front of others in a department store or supermarket, the parent often feels that they have to give in to the child! Doesn't this happen to you?

Once a child knows that they can get what they want by making a scene, it is going to become harder and harder to raise the child.

This story shows that by making a strong commitment with the child before going out, and by always recognizing the child's efforts, however frequent, however small, and giving praise, the child will be motivated to continue to make such efforts.

It is very important to be consistent to interact with the child, and praise the child who keeps the promise.

You will surely have a great time going shopping together!



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Today is Sunday. Ken has been so excited since this morning because he is planning to go to the supermarket, which he loves.

Ken has been waiting patiently for his mother to get ready to go out.

It is time to go now!

Ken is so thrilled just thinking about what his mother will buy for him today.

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When he arrives at the supermarket, Ken can't stop thinking about his favorite snack.

Although his mother is saying something to him, his mind is so completely occupied with this thought that he let's go of her hand and starts to run.

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Ken dashes to where his favorite snack is!!

He takes the snack and holds on to it tightly, as if it was a precious thing.

His mother comes towards him and says,

"I am not going to buy you snacks today!"

Ken glares at his mother and flops down on the floor.

He says, "I am not leaving here until you buy this!"

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The other customers walking by are staring at Ken making such a fuss. His mother's face is turning red with embarrassment.

"Just this time! There won't be a next time! OK?!" she says as she grabs the snack from his hand and throws it into the shopping cart.

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Even in the car on the way home Ken's mother's face is still red and she is so irritated.... "How could you do that in front of all those people? How could you humiliate me like that? You had better behave properly the next time!"

She goes on and on!
Right up until they get home she continues to keep on complaining. Ken keeps silent, holding on to his snack.

This happens a lot doesn't it?

How about trying it this way?

Ken has been so excited since this morning because he is planning to go to the supermarket, which he loves.

Ken has been waiting patiently for his mother to get ready to go out.
It is time to go now!

Ken's mother says to him; "Thank you for waiting for me. Before we go to the supermarket, I need you to make me a promise.

Today we are not going to buy toys or snacks.

This time I want you to help me with the shopping.

Can you do that? Can you promise?"

"Umm.....I promise"

Although Ken is a little ambivalent, he decides to try.

**Before leaving, with Ken's full attention, a promise has
been made in the appropriate manner.**

When they arrive at the supermarket,
Ken volunteers to push the shopping cart.
He stays alongside his mother.

First the onions, then the carrots, little by little the cart fills up.....

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Soon, the snack area comes into view.
Ken's favorite snack is also there.
[It's OK if I only look at the snacks ,isn't it.....but I have promised my Mum.....but.....]

Ken is fighting inside himself.
He keeps glancing back at the snacks.
Any moment now it seems as if he is going to run.

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Ken's mother realizes that he is struggling.

When Ken hears this he thinks, [yes, I will stay strong!], and he is motivated to continue to push the cart.

She says, "You are remembering our promise, aren't you. You are being such a great help to me with the shopping."

Ken's mother becomes aware of the effort he is making and she praises him for it.

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Ken's mother is so proud of her son for being strong enough to keep his promise all the way through to the end.

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She tells Ken: "Right through to the end you made such an effort to do your best and be so patient! I am going to reward you by making the most delicious hamburger for you! I will even make a wonderful fruit dessert for you as well!"

Ken's mother is praising him for being able to be patient the whole way through and she decides to reward him for his effort.