**Grocery Store and Community Outing Strategies**

1. **Antecedent management (prevention strategies)**
   * Plan ahead carefully. Give warnings/preview of schedule, especially if your child has difficulty with changes in routine.
   * Has your child gotten enough sleep and enough to eat today? Set them up for success!
   * Remember to pack your bag/car with any items you may need below (reward options, novel toy/activity, edible rewards)
2. **Give expectations and clear rules before starting out**
   * “We’re going into the store. You need to follow directions quickly and [insert specific rule(s)s here: e.g., hold my hand; sit in shopping cart/stroller; safe body; stay within 1 arm’s reach of me/shopping cart]. ***“***
   * Check for understanding: have child repeat back the rules (e.g., “what are the rules for the store?”)
   * Preview whether or not your child will be able to pick out a certain item from the store. If child cannot pick out item that day, let child know you will not answer repeated questions about if they can pick out a snack/candy/toy.
3. **Before getting out of car, review expectation of a “when/then” phrased reward to receive once safely in car**
   * “When you safe near me and following [INSERT SPECIFIC RULES], you can earn [REWARD OPTION #1] or [REWARD OPTION #2]. What would you like to earn today for staying safe near me and listening?”
   * “When you stay safe close to me and follow [INSERT SPECIFIC RULES] in the store and parking lot, then you get [REWARD] when you sit safely buckled in your seat in the car.”
   * Check for understanding: “What rules do you have to follow to get [REWARD CHILD CHOSE]? If you do not follow the rules of [INSERT RULES] will you get your reward?” \*Praise for paying attention to the rules after correct answer \*
   * *When first starting rewards, you may add that reward is earned with X number of reminders or fewer about rules, and gradually decrease reminders allowed and increase behavioral expectations to earn reward over time.*
4. **High rates of labeled praise (at least every 1-3 minutes) & PRIDE skills in parking lot and in store for:**
   * Staying close and staying next to parent (or staying safely seated in stroller/shopping cart)
   * Slow walking feet
   * Being a helper
   * Holding hands in the parking lot
   * Staying calm around exciting items in the store
   * Waiting patiently
   * Using a calm indoor voice
   * All other appropriate behaviors you want to see more of!
   * Remember to use differential attention for minor disruptive behaviors (e.g., whining) - look out for what to praise next!
5. **Edible rewards intermittently throughout trip if extra reinforcement if needed**
   * Always have several snack items in your purse/pocket wherever you go.
   * Make sure each bite is very small so that the child does not get overly satiated and full (e.g. cut up fruit snack pieces)
   * Restrict these preferred food items so child can only earn the preferred snack during public outings so that it is extra motivating.
     + E.g., Fruit snacks, mini M&Ms, Skittles, Popcorn, Pirate Booty, Goldfish, small pieces of cheese, raisins, etc.
     + Any other preferred food that can be cut into very small pieces
6. **Keep child engaged/busy!** 
   * Keep child engaged in fun conversation
   * Play “I spy” or 20 questions guessing game or other fun games your child likes
   * Have child be a helper putting items in shopping cart or checking item off shopping list if they enjoy helping
   * Have a novel toy in shopping cart/stroller to keep child occupied. Restrict this item to public outings so that it is extra exciting/engaging.
7. **If your child is an age where child can ride in a stroller or shopping cart safely buckled:**
   * Use a stroller or shopping cart for all public outings until child has learned to walk safely and stay close during practices
   * If stroller/shopping cart are not possible and your child cannot walk safely, talk to your therapist about whether a harness/tether may be indicated to keep your child safe, depending on your child’s age, weight, and behaviors.
8. **Neutrally and safely guide child when necessary**
   * Talk with your therapist about how to manage child when/if elopement attempt occurs.