***Newsletter/Blog Article***

**Shopping Cart Safety: Leave Your Child At Home With An Adult On Your Next Shopping Trip**

Parents love spending time with their children, but something about a new world to explore inside a store can bring out uncontrollable curiosity in children and added stress and frustration for many parents. From the repeated reminders of “don’t touch that”, “put that back”, “please sit down”, “don’t lick that”, to having to drop everything when they decide to make a run for it, trips to the store can become a very stressful time for many parents.

What parents may not realize is that one item they are using in stores could cause their child a serious injury. How’s that for added stress? Shopping carts are commonly used to carry items and children so parents can make a quick trip through the store. However, they are not as safe as they might seem. Children can suffer a serious head injury from falling out of the cart or from the cart tipping over. From broken safety belts, unstable cart design leading to tip-overs, to children wanting to climb out of or on them, shopping carts are better left for carrying the groceries and not your children.

On your next shopping trip, do yourself and your children a favor and leave the stress at home. Ask a trusted adult to watch your children while you go to the store. If that is not possible and you do have to bring your children on a shopping trip, make sure you are following these shopping cart safety tips so your trip to the store doesn’t end in a trip to the emergency department.

**Instead of placing your child in a shopping cart, try one of these safer options:**

* **Enlist a second set of eyes:** Ask a trusted adult to watch your child while you go to the store or choose a store that has a supervised play area where you can leave your child while you shop.
* **Shop online:** Shop online and have your items delivered or pick them up at the store.
* **Keep children out of the cart:** Carry smaller children close to your chest in a front carrier. Ask older children to walk beside the cart instead of riding.

**If you need to put your child in a shopping cart:**

* **Pick the right cart:** Use a cart that has a child seat low to the ground (some look like miniature cars in the front of the cart). Find a cart with a safety belt or harness that is not broken.
* **Ensure your child stays seated and buckled:** Place your child in the seat and not in the basket. Remember no infant carriers on the cart. Keep your child securely buckled at all times.
* **Enforce rules:** Only allow adults to push the cart. Never let children climb on or hang from the sides or handle of the cart.

More shopping cart safety tips are available at: <https://www.preventchildinjury.org/toolkits/shopping-cart-safety>