

The Baby in the Grocery Cart

A man in the supermarket was pushing a cart that contained, among other things, a screaming baby.

As the man proceeded along the aisles, he kept repeating softly, “Keep calm, George. Don’t get excited, George. Don’t get upset, George. Don’t yell, George.”

A lady watching with admiration said to the man, “You are certainly to be commended for your patience in trying to quiet little George.”

“Lady,” he declared, “I’m George.”



Every parent can relate to George. Doesn’t it sometimes seem that Ephesians 6:4 should read: “Children, don’t annoy your fathers while in the supermarket?” But it doesn’t. That verse proclaims: “Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”

Perhaps the reason is that parents are to be the example of God’s love, and children learn best from observation. Even shopping at the grocery store is an opportunity to show your children the proper way to behave.

Beyond the job of parenting, leaders in Life Care, Century Park and Life Care at Home are to be role models in what we are called to do – setting the example for our associates, for our residents and for their families. They watch us, and tend to emulate our behavior, our attitudes, even our speech.

So, following the advice of George, in stressful situations, keep calm, don’t get excited, don’t get upset, don’t yell.

You’ll be a positive influence on those around you.

– Beecher Hunter