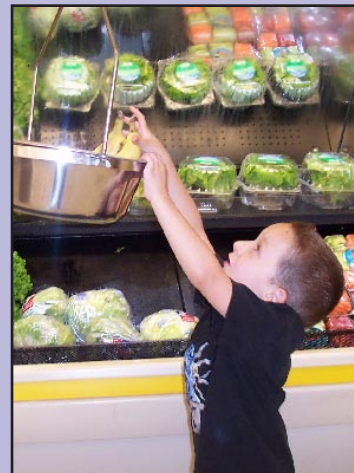




Grocery shopping is a great time for learning* and enjoying...

- *Spending time with family*
- *Learning the value of money*
- *Making a shopping list*
- *Looking for needed items*
- *Identifying foods from their labels*
- *Riding in the cart*
- *Selecting and bagging fruits and vegetables*
- *Organizing coupons*
- *Using fruit and vegetable scales*
- *Talking with the cashier*
- *Tasting samples*
- *Putting away groceries*



How could you support your child's learning in the grocery store?

I could...

- ▶ Notice new interests my child has in the grocery store.
- ▶ Focus on what my child is interested in.
- ▶ Allow my child more time to help me in the grocery store.
- ▶ Show interest in what my child is doing.
- ▶ Encourage my child by making positive comments.
- ▶ Encourage my child to make choices about brands or which size to buy.
- ▶ Include my child in planning the grocery trip.
- ▶ Let my child hold the list and/or coupons.
- ▶ Talk to my child about what he/she is doing.
- ▶ Let my child empty the cart at the register.
- ▶ Notice my child's new skills and abilities.
- ▶ Prepare my child in advance for what to expect.
- ▶ Remember fun parts of the trip afterward.

▶ _____

▶ _____

▶ _____

* Grocery shopping promotes development in all areas: cognitive, communication, motor, self-help and social.