



A Little Help.... Shopping!

Tips for successful shopping with your children!

- Try not to go grocery shopping when you or your children are hungry!
- Try to plan your shopping after naptime.
- Plan your meals and make a list before you go to save time in the store.
- Use a safety belt when your child rides in the seat of the shopping cart.
- Bring toys or a picture book to keep your child busy.
- Set up clear rules of behavior (for example, no climbing out of the cart and no asking for candy), and **praise your child for following the rules.**
- Ask your child to help you look for foods items. “Can you find the cereal we love?”
- Talk to your child about what you are buying – for example, “Can you find the oranges? Oranges are so good! Can you help me pick out 5 oranges? Can you help me put them in the bag? Great work!”
- If possible, do not rush you child. Children love to look around and talk about what they see.
- Try to use the “candy-free” check out if possible. If you go through a check out line with candy racks, try to stand between the cart and the rack and get your children interested in unloading your groceries onto the checkout counter. “What a great helper you are!”

A Little Help.... Cooking!



Some simple things you can do with your preschool-aged child...

- rinse and dry off fresh fruits and vegetables
- spread margarine or peanut butter on toast
- stir thawed concentrated juice and water
- fill a bowl with cereal for breakfast or a snack
- sprinkle grated cheese on a salad or pasta
- separate slices of sliced cheese to use on sandwiches
- open the lid of a small yogurt container
- use a teaspoon or tablespoon to “measure” ingredients with your help
- let children help you clean-up in the kitchen –



Some safety tips for kids in the kitchen..



- Use back burners on the stove when cooking. Always place handles towards the back of the stove.
- If you heat food in the microwave, always test the temperature before you give it to your child to eat.
- Keep coffee, hot water, and other hot liquids out of your child’s reach. Do not have these things in your hand when you are holding your child. Don’t place them on the edge of the counter or table.
- Bring the ingredients, bowls, and tools to a table instead of a kitchen counter. This will make it easier and safer for your child to work.
- Always work together with you child in the kitchen.

