



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!”