



The Alliance for Technology Access presents...

Grocery Shopping with Kids

Shopping with any child can be difficult, but simple materials and activities make grocery shopping with kids not just doable, but fun!



Who can benefit

Ages 3 and older, including children with communication, sensory, developmental or physical challenges.

Safety first

Always use shopping cart seat belts; keep your child with you at all times in the store.

What you'll need

- Pictures or models of foods you buy
- Laminating material
- Scissors
- Plastic baseball card holders or pocket photo album
- AAC device
- Food pyramid or chart
- Tape player, tapes, special toys just for shopping trips
- Child's seat insert for shopping cart

Where to find it

- Tips for Shopping with Your Child – more ideas and survival strategies.
www.kidsource.com/kidsource/content/shopping_tips.html
- A few shopping cart seat inserts –
www.buggybagg.net
www.buggybuddy.com
www.cyberbabymall.com/liners.htm (888-482-9237).
www.floppyseat.com
- Shopping cart safety –
www.ccsafekids.com/shopping.htm

Picture it

Get ready! Make a picture shopping list with your child. Cut pictures from the newspaper, and laminate to use over & over. Slide pictures of what you need into a photo album or clear baseball card pages. Or, place the pictures on your child's AAC device and record names or phrases for each. For children with visual impairments, record your list on a tape or collect toy food items in a box or bag.

Let's go! Help your child match the pictures (or toys) to the things you put in the cart. Cover or remove the pictures as you find each item.

Healthy choices

Get ready! Before shopping, talk about healthy food and treats. Decide on a number (say, 3 or 5) of healthy foods your child must choose before picking a treat.

Let's go! Help your child keep count of the healthy choices made, then choose an acceptable dessert or treat.

Sitting pretty

Get ready! Look for shopping cart seat liners, made from quilted fabric and Velcro, that give your child more stability, add toy pockets, pillows, seat belts, and provide a more sanitary place to ride, or even chew! Some parent just add a coat or a couple rolls of paper towels to either side of their child; others have adapted plastic seats as an insert.

Let's go! Always use a safety belt with any seating strategy. Clean the shopping cart handle with a wet wipe before your child starts to chew!

Pocket toys

Get ready! Keep a collection of special all-in-one toys in your trunk. Examples: Pocket MagnaDoodle, walkman and stories or songs on tape, talking books, favorite chunky books, bead toys.

Let's go! Let your child choose a toy or tape to bring into the store. Put it back in the trunk after each shopping trip.

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