



Supermarket saviour!

Supermarkets are not easy places for children to be, they're not allowed to touch everything, might not like being in the trolley, want to leave, distract you while you're looking for items... Sometimes you have no choice but to bring young children with you to the supermarket and in these situations it can help to plan ahead and include a way to involve them in the exercise.

To make life easier, start by making a site visit to your local supermarket to familiarise yourself with each aisle. Select a couple of items that are at your child's reach level i.e. top shelf if child in trolley, bottom shelf if they are walking around.

Before your next shopping trip, make a special list for your child with a sheet of coloured paper, some markers and pictures of food items. Your child can be given responsibility for this special shopping list each time you go shopping together and have fun ticking off each item as you shop.

sample list



Top Tips

Include a counting item such as 4 tomatoes. So that you can offer additional praise for their great counting skills.

Give your child their own shopping bag so they can carry their items out of the shop and unpack when you get home.

 **Joanna Fortune**

For further information about this or other child development/behavioural challenges contact Solamh - Parent Child Relationship Clinic on 01-6976568 www.solamh.com

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