

GROCERY SHOPPING WITH KIDS

Parents today are busy!



We try to spend as much time as we can with our children, but there aren't enough hours in the day. One third of the time we Canadian parents spend with our kids is while doing housework.* So, here's a way to do something different together... a grocery shopping excursion!

get prepared to go

Talk to your child: We're going shopping today. What do we need?

Make a list. Make sure you write clearly so that your child can read any words she knows, and counts the items with you.

Leave the big list at home to check things off when you get home, and write out a small list to take with you.

while you do the shopping

Give your child tasks at the supermarket; ask her to remember some of the things on the list; ask him to find specific items on the shelves.

quiz yourselves afterward

Talk to your child as you unpack the shopping.

Count out how many things you've bought and check them off against the big list left at home.

Organize items into groups, read to put away things for the freezer, things for the fridge, cans and packages for the cupboard, and things for cleaning and the bathroom.

* Statistics Canada: Canadian Social Trends, Summer 2000. Catalogue No 11.008

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