



Easy Grocery Shopping with Kids **By Judy Arnall, BA, CCFE**

Babies

Before going, feed, change and play with baby. You want a tired napping baby. During the trip, carry baby in a backpack or carrier if possible. If grocery shopping, put baby in the carseat in the shopping cart.

Toddlers

Before going, plan to shop when it's quiet and no line-ups.
During the trip, bring a snack or promise one treat when there.
If they want to "help" then let them put the odd item in the cart. Separate and cull at the till.
If tantrums occurs let it ride. Stay calm, wait it out and resume, or go home and come back later.
Avoid the cookie and candy isles.
Point out items while saying the naming words – This builds their literacy skills.
Don't leave them alone and don't let them stand in the cart.

Preschoolers

Before going set out the expectations. Ask them to repeat them to you, so you know they have heard them. "We are going shopping and we are buying only one toy." They are better able to understand.
During the trip, have pictures of items on a checklist for them to check off as you pick them up.
Name items by letter sounds; "Mmmm is for meat."

School agers

Before going, go over the list with them and outline the sections that they are going to do. Set a meeting place to gather at.
During the trip, get them their own cart. Get them to empty the carts on the belt. Also get their help in loading groceries into the car, back into the house and putting away in cupboards and fridges.

Teens

Send them to the store with a list and the car keys! If they go with you, get them to help you do all the above. If they complain, stock the fridge with nothing but vegetables for a week.

Judy Arnall, BA, DTM, CCFE is a professional international award-winning parenting and teacher conference speaker, and trainer, Mom of five children, and author of the best-selling book, ***Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the new DVD, ***Plugged-In Parenting: Connecting with the digital generation for health, safety and love*** as well as the new book, ***The Last Word on Parenting Advice*** www.professionalparenting.ca, jarnall@shaw.ca, 403-714-6766 Sign up for notifications of free monthly parenting webinars. Copyright permission granted for "reproduction without permission" of this article in whole or part, if the above credit is included in its entirety. Sections may be deleted for space constraints.

Judy has written bestsellers:



Judy is authorized and certified to teach:

