

# Getting Children Involved in Grocery Shopping

When we think about taking our preschoolers to the grocery store, we may think about challenges like keeping track of our children and avoiding temper tantrums. Giving our children tasks and getting them engaged during grocery shopping can help hold their attention and make them excited to be there.

Preschoolers love to be included in what we're doing, and grocery shopping is a job they can be involved in. From the moment you walk in the grocery store, you may notice small grocery carts made for children. Let your child grab one of these carts and push it alongside you as you both shop. You can show them what item you need to buy and let them pick it up and put it in their cart. Helping pick out nutritious foods like fruits and vegetables can make our children more likely to try them at home! As you put items in your cart, let your child cross them off your shopping list.

Preschoolers may not yet understand unit prices, but it's good to show them at an early age that you're paying attention to items' costs before you put them in your cart. When comparing the unit prices of two or more items, tell your preschooler you're looking for which choice costs the least. Show them the unit prices on the price tags and explain that you're looking for the smallest number. They'll get used to seeing you do this and may look at unit prices themselves once they're old enough to compare prices. You can also explain that store brands usually cost less than name brands.



While grocery shopping with our children can be difficult, they have a lot to learn by joining us for grocery shopping trips. Give these tips a try next time you go grocery shopping!