

Food Shopping

What we know

Including your child in regular tasks helps to build their sense of belonging to the family group.

Children's self-esteem is supported when they are able to have a way of contributing to the work of the family.

Children can begin to have some responsibility for tasks or actions that have an impact on themselves and others.

Talking about what you do together will increase your child's ability to listen to others, understand simple instructions and answers questions.

What to do

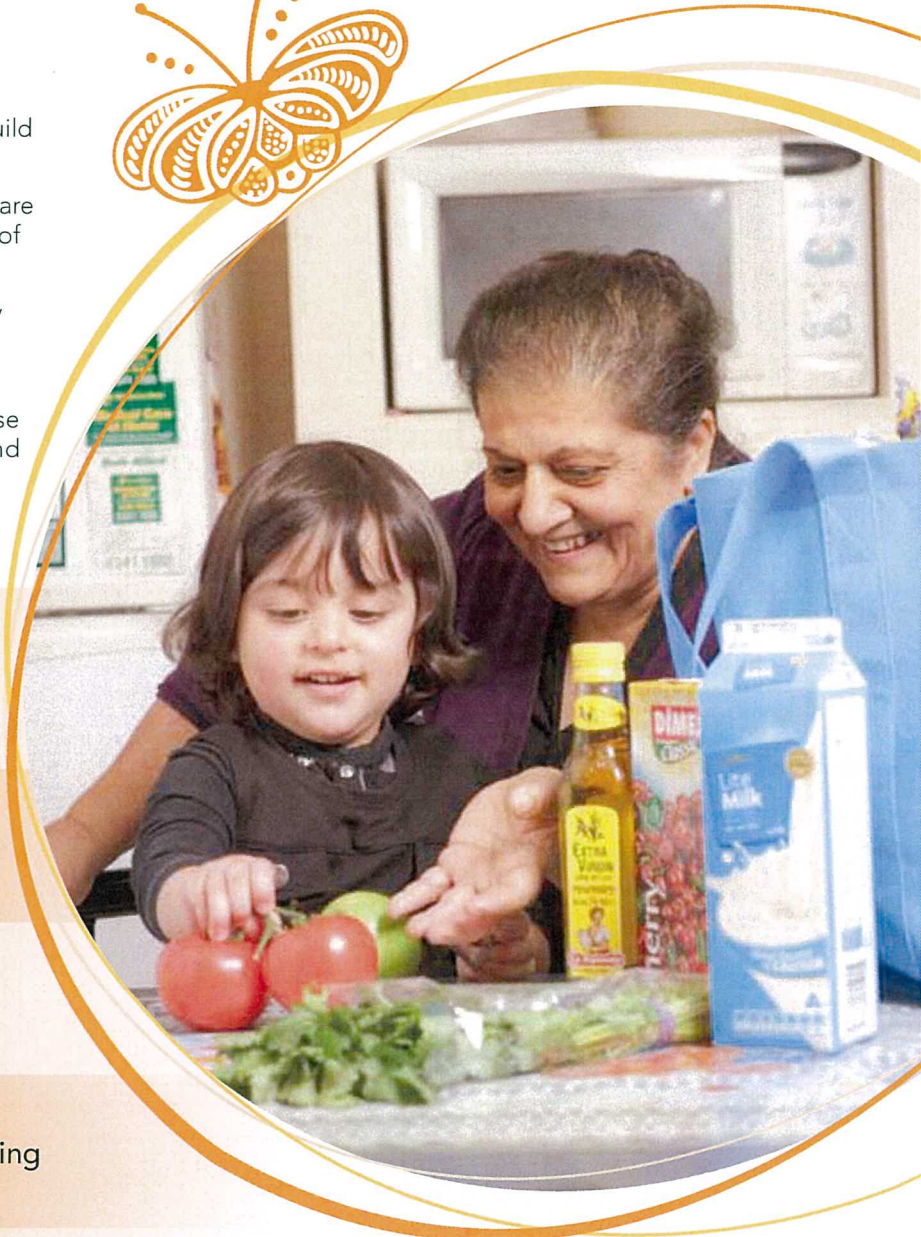
Make a shopping list with your child. A simple activity like this teaches your child how to start and finish tasks.

Help your child to name and select items from the market/shop or from your garden.

When you come home, name and sort your groceries on the table together.

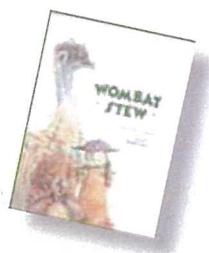
Let your child put the lids on and take them off jars and containers when putting the food away.

Make a pretend supermarket with empty boxes and containers for your child to play with.



A book to read

Wombat Stew
by Marcia K Vaughan



ISBN 978-0-9871210-6-6

Things to say

'Hmmm... what do we need to get today?'
'What's this? What kind is it? What colour is it?'
'Time to unpack the shopping. Where do these go?'
'Can you put the fruit in a bowl?'
'How many apples did we buy?'
'What should we put in the fridge?'