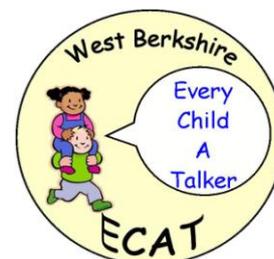


Tips for talking at the supermarket



For young children, the supermarket is full of interesting sounds, bright colours and delicious smells. It's a wonderful place to chat to your child and to introduce them to new words. If your child is sitting in the trolley, you can communicate face to face. Here are some ideas:

Name items Show your child the items you are adding to the trolley and then name them (e.g. "juice"). Repeat new words several times for your child to hear. You can also talk about the different groups of items that you see around you (e.g. fruits, meats, drinks).

Describe items There are lots of opportunities for using describing words:
Colours - purple grapes
Shapes - square cheese
Texture - rough pineapple, soft sponge
Quantity - one onion, many potatoes, a full bag of apples
Sounds - squeaky trolley wheels

Compare items You can compare the size of items you put into your trolley (e.g. "This is a small bag. This bag is bigger" and "This apple is smaller than the melon"). You can also talk about opposites (e.g. ice cream is cold, soup is hot).

Explain what you are doing As you wander down the aisles and pay at the checkout, tell your child about what you are doing. Your child will enjoy the sound of your voice and will learn about the order of events (e.g. "First we'll shop. Next we'll have lunch" or "Now I'm going to pack the groceries. Then we'll go home.")

Give directions Older children could help you choose items and put them in the trolley or bag. Give your child simple directions (e.g. "Put the apple *in* the bag").

Based on the chapter 'At the supermarket' in *How to talk to your baby* by Dorothy, P. Dougherty (1999)



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