



# The Guilford Basics At The Grocery Store

While they may seem ordinary to you, running errands can be a great time to incorporate the Guilford Basics into your daily routine. Even a trip to the grocery store provides lots of opportunities to talk to and teach your child. Every colorful fruit or vegetable, beep of the scanner and smell in the bakery can teach them something new and interesting.



## Maximize Love, Manage Stress

Put your child in the cart seat and smile at them as you make your way through the store. If they start to get a little fussy, pause in your shopping to give them your full attention for a minute and let them know they are important to you.



## Talk, Sing and Point

Talk to your child about the different things you see in the store - new fruits and vegetables, the pretty cakes in the bakery, or your favorite cereals. Ask them to point to different types of food as you pass by, and respond when they see something that interests them. Make up a little song or sing one of their favorites while you shop.



## Count, Group and Compare

Count things as you put them in your cart. Compare sizes and colors. Weigh your fruits and vegetables and ask your child to read the number on the scale. Compare the prices of different items with your toddler and ask them which number is smaller/larger.



## Explore Through Movement and Play

Let your child touch new textures. Bring a small toy for them to play with. Let your child reach for items and place them in the cart. If there's a child-sized cart for them to use, let them help push your items around the store.



## Read and Discuss Stories

Bring a book for your child to look through in the cart. Read the labels on the items you are shopping for or the signs in the store.