

# Real Tips for Grocery Shopping with Kids



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## GET YOURSELF ORGANIZED.

I know you've heard it before, but having a meal plan and making a list before shopping makes it easier.

## MAKE THE KIDS GROCERY LISTS.

Let your child make her own "shopping list" at home with a few items. If she's older, she can use this as an opportunity to work on her spelling, think A-P-P-L-E-S. If she's younger, she can draw pictures. At the store, let her be responsible for reading items on her list.

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## DON'T SHOP ON AN EMPTY STOMACH!

This goes for both of you! Nothing is worse than a hungry toddler meltdown, and if you shop while you're famished you'll be more likely to make unplanned (and unhealthy) purchases.

## SET UP EXPECTATIONS IN ADVANCE.

Before you go into the supermarket, tell your child that you won't be buying any treats, but he can choose one new fruit to try or a box of granola bars for snack time.

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## PARK SMART.

Don't automatically look for a parking spot closest to the entrance. Instead, choose a space near the cart corrals. You can load your kids up by the car and avoid abandoning your cart when you're finished shopping.

## PLAY I-SPY.

Whether your little one is spying "something green" or spinach across the produce department, encourage your kids to look around and be engaged with their surroundings.

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## HAVE AN ACTION PLAN FOR TANTRUMS AND FIGHTS.

This will depend on your kids and your needs. The most common problem I have at the store is my two start arguing. This is a great time to give jobs of spotting a grocery item you need or to start playing Grocery Store I-Spy.

## GIVE YOURSELF TIME AND REFRAME YOUR MIND.

It's so much easier to be patient when you're not having to rush. If you can get into the mental mode of this being a playful adventure, it's easier to relax.

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