

# Pointers For Parents

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## Let's Go Shopping

(NAPSA)—With attractive packages at eye level and within reach, grocery stores can look like playgrounds to children. Noisy and crowded with unfamiliar people, stores can be intimidating, too. No matter how your child reacts, taking him along can be a challenge.

“Planning ahead can make a trip to the grocery store less stressful and more enjoyable for you and your children,” says Sharon Bergen, senior vice president of education and training for Knowledge Learning Corporation, the nation’s leading provider of early childhood care and education. “It’s possible to transform a shopping trip into a learning opportunity.”

Starting a shopping trip with a well-rested child is the first step to avoiding problems. To help your child feel more secure in an unfamiliar environment, bring along a toy or blanket. Keep up a soothing conversation with your child or distract him with a favorite song or nursery rhyme.

As you make your way through the store, your young one is sure to see lots of items he simply must have. Be prepared with a treat, and you’ll reduce the “I wants.” Raisins or apple slices are healthy choices, and a handful of cereal



Photo Credit: Knowledge Learning Corp.

may keep a child occupied for an entire shopping trip.

Look at the store as one big classroom. Turn school-age children into helpers by asking them to read labels, find particular items and compare prices. Preschoolers can learn about colors in the produce department, search the shelves for favorite cereals and count out three apples or four bananas. Toddlers can point out shapes, get a whiff of fresh bread baking and feel the difference between a room-temperature juice bottle and a chilly milk carton.

Expect good behavior in the grocery store, and children are likely to reward you by behaving well.