



My Supermarket Buddy

Turn an everyday supermarket trip into shared exploration. Notice what interests your baby, describe it simply, and give them a small way to help.

Helps Your Child Grow



Attending and Understanding

Following your baby's gaze and naming the things that interest them helps connect words with objects and experiences in daily life.



Sense of Identity and Belonging

Completing a small shopping task and hearing your warm thanks helps your baby experience being a valued part of a family activity.



What You'll Need



Stroller



Shopping bag

What You'll Need

1. Stroller and shopping bag



Look and Talk

Talk about what you see as you move through the supermarket. Follow your baby's gaze. If a banana catches their attention, bring it closer so they can look, touch, and smell. Use a few simple words for its color, shape, size, or texture.

Observations

- Looks at a banana while you talk about it
- Reaches toward a fruit that interests them

Tips

- Fruit, vegetables, toys, and colorful packages can all begin a small conversation.
- Looking closely, reaching, and babbling can all signal that your baby is interested.
- Seeing, hearing, and touching at the same time helps your baby connect the word you say with the object in front of them.



You found the baby crackers!



I Know That

Watch what draws your baby's attention among the many products. If they become excited about a familiar snack or object, move closer and name it again. Briefly describe how your family uses it to connect the moment with an earlier experience.

Observations

- Turns toward you when you name a familiar snack
- Shows excitement on seeing a familiar snack package

Tips

- Excitement at the sight of a familiar item may show that your baby recognizes it, drawing on skills related to #C-Mem.
- Responding to a familiar item helps your baby connect the word they hear with an experience they remember.



Let Your Baby Help

At checkout, offer your baby one small way to help, such as holding an item or handing over a lightweight package. When they finish, thank them specifically: “You gave me the box. That helped!”

Observations

- ☐ Shows happiness after helping at checkout
- ☐ Looks toward an item after hearing you name it

Tips

- Moving from watching to taking part gives your baby a direct experience of contributing to a family routine.
- Your baby might help by holding an item, taking a lightweight product, or passing it to you.