

Grocery Store Samples Build Language

The samples at grocery stores are a great opportunity to work on initiating conversations, making requests and practicing social skills. Take advantage of them!

Checked items are appropriate for your child:

At stores with serve yourself displays:

_____ Keep your young child in a cart. Not only will this require them to ask you for the sample, but it provides the added bonus of having them closer to eye level where they can observe your facial cues. For the earliest talker, a vocalization or single word approximation of "cooka" is an acceptable request. You can build on this by expanding with "Want cookie, mama."

_____ cooka

_____ Want cookie.

_____ Want cookie, Mama.

(other) _____

_____ Even if there is one cookie choice, you can ask an additional question. "Do you want a big cookie?" Don't forget to wait for a response!

_____ Once you have passed the cookie to them, be sure to reinforce expected social niceties. "Thank you!"

_____ As their language develops, you can encourage a longer utterance, "I want a cookie." Or "Please may I have a cookie."

_____ I want a cookie.

_____ May I have a cookie?

_____ (other) _____

_____ For older children, have them approach a grocery store employee and ask about allergens or to mention the bin is very low on cookies.

_____ At the cheese/lunchmeat/produce sample displays, you have the chance to practice words that show possession. Take two sample and pass one to your child and keep one for yourself while saying,

"Your cheese. My cheese."

_____ Additional tasks for the older child:

Allow them to order the deli meat/cheeses. "I need one pound of turkey, please."

Have them ask an employee the location of a less familiar item. "Where are brown lunch bags."