**Encouraging children to help with shopping**

One of the best ways to help children learn smart shopping skills is to encourage them to help you with shopping activities. For example, your child could:

* help you write the shopping list or remember something you’ve run out of
* look for ‘special’ signs on items that are on your shopping list – their bright colours often make them easy for your child to spot even if they can’t read well
* choose the best fruit and vegetables and look at Use by dates on fresh products
* pay for items in cash and check the change if they’re old enough.

As your child gets older, you can encourage them to get involved in shopping decisions too. For example, your child could:

* help you decide whether to buy an item
* help you decide which brand to buy
* talk with you about how much they think a product should cost and why
* review shopping decisions with you – for example, whether a product has been good value for money.