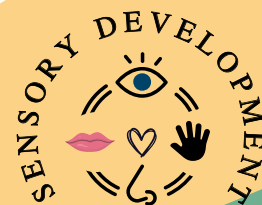




Collaboration with North Carolina Early Learning Sensory Support Program

GROCERY STORE



SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps build their understanding of how things work and connect. Everyday routines—going to the park, post office, or library - offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

Prepare your child by telling them what you are going to do **before** you do it.



PREPARE THE ENVIRONMENT

- Notice and adjust room lighting and sound.
- To help with lighting: try a hat, sunglasses or use a flashlight for spotlighting.
- Provide wait time for your child to respond.
- Remember to think about using your child’s best visual field.
- Think about opportunities to provide visual contrast.

WHAT TO SAY

WHAT TO TRY



“We’re going shopping, you can ride in the cart”	Let them explore the cart before sitting.
“I heard the cashier say, ‘Hi.’ Let’s wave.”	Help the child face the person and wave.
“I smell the strawberries, let’s buy some today.”	Help your child smell the produce.
“Here are eggs, they can break. Be gentle.”	Let your child feel the carton and eggs.
“We’re on the pet aisle. Listen to the treats.”	Let your child shake the treats and hear it.
“Time to check out and pay. Let’s scan the milk.”	Include your child in check-out activities.

WHAT TO TEACH

WHAT TO WATCH FOR



- Temperature
- Color
- Types of food
- Counting
- Sounds
- Locations
- Greetings

- Becoming very still and relaxed
- Breathing changes
- Widening eyes, eye contact, smiling
- Moving or reaching
- Making or imitating sounds or words

End shopping trips the **same** way each time so your child learns when they are done.



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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