



HELP YOUR CHILDREN GET READY TO READ USING GROCERY STORE INSERTS



**TRY THIS
AT HOME**

- Grocery store inserts are a great way to teach your children new words.
- They are free! Pick one up the next time you are at the store.

- Look through the insert with your children.
- Help your children sound out and practice saying the names of the foods they see.
- Name the colors and shapes that you see.
- Teach your children numbers by pointing to and saying the names of the numbers you see or counting objects.

If your children are too young to talk, let them hold and explore the pages of the insert.

- Point to pictures and say the names of the foods you see.
- Watch your children. Talk about the pictures they look at or point to. Respond if they smile, point, or make noises.

Play / Spy with older children.

- While looking at the insert, say, "I spy (a food, color or shape)!" and ask your children to point to the word you said.
- Take turns. Let your children say a word for you to look for.



Baby College 101: Courses for Ałchíní Yázhí

This program provides free early literacy materials, activities, and events to Navajo families with children ages 0 – 6.
Learn more: <https://extension.arizona.edu/NavajoBabyCollege> or email DineBabyCollege@arizona.edu

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