

A PROGRAM OF UNITED DISABILITY SERVICES



TOY & RESOURCE CENTER BUILDING BLOCKS

ONE ITEM ONE SITE ONE IDEA

You're *wheely* going to love this month's highlighted item—**shopping carts**. When it comes to learning, this toy has it in the bag.

- Use carts as a vehicle to **help little ones move from crawling to walking**.
- **Provide sensory input** through movement and resistance created by pushing carts.
- **Develop coordination** while navigating the environment (e.g. Avoid hitting a wall by maneuvering around obstacles/reach up high on shelves, squat low.).
- **Follow directions.** (“Go around the table, then put the apple in the cart.”)
- **Build vocabulary** and community helper awareness playing I Spy. (“I spy something yellow.” “I spy someone packing bags.”)
- **Address early math skills** with money, aisle numbers, comparing length/weight of items (“Which fruit is heavier?”).
- **Enhance auditory memory** (“Find a fruit that is red, round, and crunchy.”).
- **Develop reading skills** by matching the words from labels to your list.
- Peel stickers and place them on items checked off from grocery lists to **build fine motor skills**.



Borrow our **shopping carts, grocery items or dolls** and let kids pretend they are shopping at home or take a cart to your local grocery store for some hands-on learning!

ONE SITE

This site supplies some super stress-busting suggestions and benefits of taking little ones on a shopping excursion.

<https://bit.ly/3XAUE2A>

ONE IDEA

Cooking with Kids

Cooking with kids has amazing benefits for all areas of development. It supports social communication and language, promotes good nutritional habits, teaches readiness skills and so much more!

Make a grocery list with your child using pictures or print and go shopping together. You can use the site below for super yummy suggestions of things you can whip up at home.

<https://bit.ly/3zuVfc0>

BONUS TIP

It is important to allow all children and adults the opportunity to participate in the family fun that results from shopping together. Check out Caroline's Carts! These front-facing adaptive shopping carts are designed for children and adults with disabilities (kids over 48 months old and 35 pounds as well as adults up to 250 pounds). They can be found at Target, Giant Eagle and other stores. We suggest calling the store ahead of time to ensure availability.



Photo credit: scott-doty.com



Why buy when you can borrow? United Disability Services' toy lending library loans developmental toys and resource materials to its members. Stop by and see us!

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