

Budgeting Tips for Parents

- 1. Set a budget and goals for your finances.**
- 2. Write down your expenses.**
- 3. Prioritize your “needs” from your “wants.”**
- 4. Communicate with Debtors.**
- 5. Hold off on shopping sprees until you can afford to spend extra money.**
- 6. Clip coupons from local sales papers.**
- 7. Shop for store or generic brands.**
- 8. Store leftovers in the freezers.**
- 9. Conserve Energy.**
- 10. Always make a shopping list to cut down on impulse shopping.**
- 11. Monitor all actions in your checking account so that you have an accurate balance of your available money.**
- 12. Start a savings account.**

Most importantly take care of yourself:

Get the proper rest and eat healthy. Your financial situation may not improve overnight, but with a few cut backs and a little determination, you can eliminate debts and feel good about how you spend your money!

Resources:

<http://www.pal.ua.edu/support/budgeting.php>