



Get family finances right

Money worries can be a big cause for concern, especially if you feel you can't afford something that your child or teen has asked for. Here's how a realistic budget can help you manage your family's finances.

Make budgeting easy to understand

- Talk about what a budget is and how it can help people to manage their money
- Draw up a budget with your child or teen to show what things need to be bought or paid for each month
- Explain that by budgeting you can prepare for future expenses and even save money

Seek support

If you are struggling with your family's finances, you might be able to seek assistance from the government or local community organisations.

What do you spend?

- Get a piece of paper and a pen
- Draw pictures of all the things that you and your family spend money on each month—for example food, household bills and clothes
- Write next to each picture how much each thing costs
- Add up how much money you plan to spend each month

What do you need?

- What are the most important things your family has to have? These essential things are what you need
- What are the things your family would like to have? These non-essential things are what you want
- Explain the difference between need and want, and stress that it's important to buy what you need before you buy what you want

Draw up a budget

- Fill a bag with plastic counters, building blocks or stones. This is your family's money for the month
- Work together to decide what you will spend your money on, and place the counters on each picture
- See where you can save some money for the future, or in case you find yourselves facing an unexpected situation or there's an emergency

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).

