



Wespath

BENEFITS | INVESTMENTS

Make Healthy Financial Habits a Family Activity!

Family Financial Well-Being

How a Parent Can Help

- Be a financial role model to your kids
- Differentiate needs and wants
- Discuss money at a young age
- Keep lessons age appropriate
- Make learning fun
- Set financial goals together

Financial well-being involves the whole family. Consider financial learning at different ages:

Young Children: Age 3-6

- Identify types of money, including coins and paper, and their relative value
- Teach basics about the cost of living
- Discuss need for trade-offs when making purchases

Pre-teens: Age 7-12

- Help kids save for short-term goals
- Assign chores with a small financial reward
- Have kids start to pay for their own purchases from money they earned

Teens: Age 13-18

- Help kids save for longer-term goals
- Suggest getting a part-time job
- Introduce more advanced financial concepts

Adapted from Wespath Benefits and Investments Setting Healthy Financial Goals webinar, umdiscipleship.org/resources/healthy-families-series-financial-health-setting-healthy-goals



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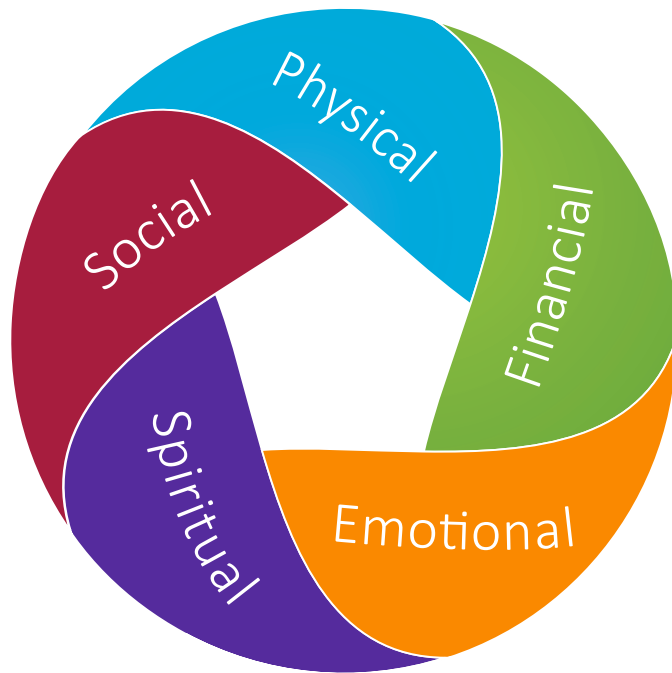
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



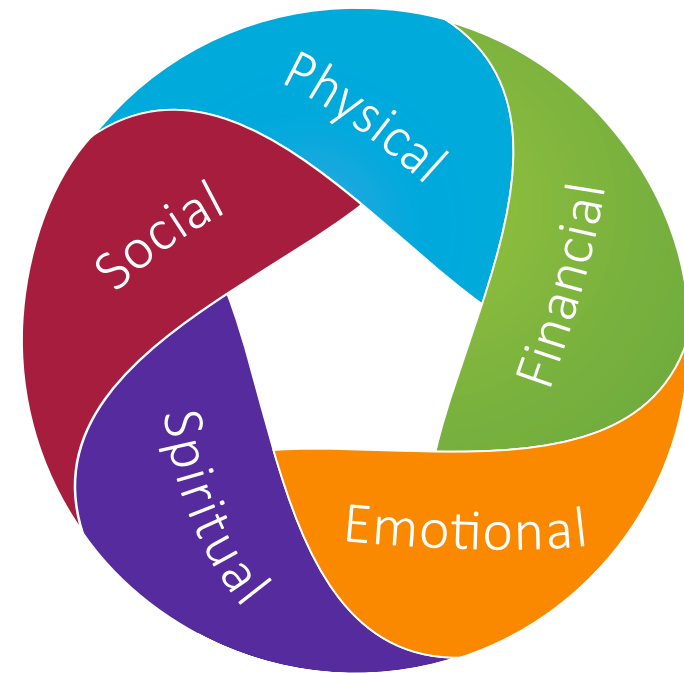
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