

# HOW TO TEACH YOUR FAMILY

## Healthy Financial Habits



### Why it Matters?

Learning healthy financial habits can help avoid debt, plan for the future, and achieve financial goals. By building healthy financial habits early, you're teaching your children a valuable skill that will benefit them for years to come.

### Actions You Can Take



01

#### Model the way!

Children learn by observing behaviors. So, be mindful of your spending and talk openly about financial decisions to show your children how to approach money management.



04

#### Teach them about delayed gratification!

Explain to your children that they can't always have everything they want right away. This will help them understand how to prioritize needs vs wants.



02

#### Engage them in age-appropriate ways!

Talk about how money is used for groceries and bills. Involve them in budgeting, coupon comparisons while shopping.



05

#### Use the 3 jar system!

Label jars for spending, saving, and giving. This helps kids allocate their money and understand different financial goals.



03

#### Give them experience earning money!

Consider an allowance or chore money tied to completing tasks. This teaches them the connection between work and earning.



06

#### Make saving a priority!

Encourage them to set savings goals and track their progress. This builds the habit of saving for future wants & needs!



Visit these linked resources for free age appropriate money activities!

[Kids Financial!](#)  
[Money as You Grow!](#)

Financial Wellness @ DU  
Brennan School of Business

