

University of Illinois Extension: Family and Consumer Sciences

Breakroom Buzz

FINANCIAL WELLNESS CHECKUP

Learn more about family finance [here!](#)

BACK-TO-SCHOOL PLANNING



SHOPPING SKILLS

Let kids make back-to-school purchase decisions to help them learn about comparison shopping and staying within a budget.

TEACH WITH STORIES

Reading stories like *Those Shoes* by Maribeth Boelts helps kids understand the difference between needs and wants.



DECIDE WHO PAYS

Have family talks years in advance to decide if parents, students, or both will cover college expenses when the time comes.

HANDS-ON EXPERIENCE

Move toward financial independence by opening and managing your own financial account. Learn how to track spending.



PLAN YOUR SPENDING

Track spending by category and decide if you need to cut back in any areas. Budgeting success now can help minimize student debt later.

REVIEW AID OPTIONS

Changes to financial status, like a parent losing a job, might allow you to qualify for financial aid - or qualify for a larger amount.



EVALUATE COSTS

Consider pros and cons of transportation options - like time, convenience, parking fees, fuel costs, flexibility, routes, safety, and comfort.

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Agua Fresca (Cantaloupe Drink)

Ingredients:

- 1 cup cubed cantaloupe
- 1 cup cold water
- ½ teaspoon Splenda
- 1 tablespoon fresh lime juice
- 1 cup crushed ice



Directions:

Process the cantaloupe, lime juice, Splenda, and water in a blender just long enough to form a coarse pulp. Transfer to a large pitcher.

From [Fiesta of Flavors by University of Illinois Extension](#)

I Didn't Know That!

Parenting styles impact children

Authoritarian: Parent takes the lead, makes rules and enforces them. Children are at higher risks of developing self-esteem issues and tend to want to act out.

Authoritative: Parent sets rules and consequences but children's opinion is valued. Positive discipline is used to reinforce good behavior. This style is believed to benefit children the most.

Permissive Parenting: Parents are lenient, more concerned with being a friend rather than serving in a parent role. This style encourages communication but does not discourage poor choices or inappropriate behavior.

Uninvolved Parenting: Parents provide few rules and little attention. Children tend to exhibit frequent behavior problems and levels of unhappiness.

There are ranges of practices and techniques that can help raise children. To maintain a happy family, support the basic needs of your child, nurture their emotional well-being, provide direction with freedom in decision making, and role model healthy behavior.

Here are a few additional sub-categories of parenting styles that you can find here: <https://iastate.pressbooks.pub/parentingfamilydiversity/chapter/overindulgent-helicopter-styles/>



Sit around our table with University of Illinois Extension educators as we share our best tips for raising kids, eating healthier, and spending smart. [@Family.Finances.Food](#)