

Back to school season and it's time for the other big talk: money

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Chapple/Getty In addition to buying pens and notebooks, put talking to your kids about money on your back to school to-do list.

Back to school season in my house, and likely in yours, means a long to-do list. Stock up on school supplies and clothes. Organize binders. Send everyone to bed a little bit earlier. I know: You're busy.

But this year I want you to add one more thing to your list: I want you to talk to your kids about money. Many parents are intimidated, yet what you need to teach them is not something they're likely to learn in school.

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> "Parents tend to feel that they're not comfortable with the information, that they don't have enough expertise or that they themselves have made mistakes," said Laura Levine, executive director of the Jump Coalition for Personal Financial Literacy in Washington. "But it's important to understand that kids really do see them as a primary source of information about money."

When it comes to teaching your kids about money just like when you're helping them study for a test you can't expect to know it all. I don't, nor do I pretend to. When one of my kids asks me a question that I don't have the answer to, we look it up t ogether and discuss what we find. It's so much better than putting the discussion off altogether because the earlier we start teaching our kids financial basics, the less likely they are to fall into

To encourage people to talk, I've joined with American Express to create resources for the first National Money Night Talk, set for Sept. 16.

To take part, parents pledge to talk to their kids about saving, budgeting, credit cards and credit scores. Visit moneynighttalk.com for free tool kits I created to give you the talking points, questions, answers and exercises you and your kids can do together. There's one for middle school-aged kids, another for high schoolers and another for college

Here are a few key concepts to keep in mind when you have your talk.

HOW MUCH TO SHARE

A reason many parents shy away from a big money discussion is that they don't want to share their own

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financial information — salaries, debts — with their kids. That's okay, you don't have to, but you also don't want to send the message that money shouldn't be discussed, said Jill Russo Foster, author of "Cash, Credit and Your Finances: The Teen Years."

"I've taught classes and asked how many kids know if their parents own or rent their home. If they don't know, I send the question home and I've had parents who wouldn't answer. I'm not asking you to tell them how much you make each week, but this is a basic question," Foster said.

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