

TAKING CHARGE in Challenging Times

THINGS YOU CAN DO WHEN MONEY IS SHORT

- Think about things you have been spending money on that you can do without - movies, magazines, music, gas, sodas, etc.
- Think about ways to earn money - baby-sitting, pet sitting, mowing lawns, delivering papers, etc.
- Think about ways to stretch the money your family does have - sew or mend clothing, garden, baby-sit for younger brothers and sisters, prepare meals, etc.
- Turn off the lights, television, stereo, and other small appliances.
- Take shorter showers to cut down on the hot water used.
- Hang your clothes up after wearing so they will not need to be washed and dried as often and will last longer.
- Do not stand with the refrigerator door open while deciding what to eat.
- Drink water, milk, and juices, which are healthier and can be less expensive than soda.
- Turn off water while brushing your teeth, turn on (small stream) for rinsing.
- Use less shampoo - only enough to clean the hair (too much lather is wasteful).
- Buy generic brands of personal care products.
- Do not waste school supplies - when possible, use both sides of paper.
- Do not be wasteful with food.
- Ride your bike or walk to places whenever possible.
- Give gifts to friends and family of your time and energy rather than money.
- Think about the things you do that make other people in your family angry. Find ways to avoid doing those things.
- Do extra chores; help out without being asked.
- Clean up after yourself.
- Avoid picking fights.
- Spend time caring for younger brothers/sisters.
- Share your possessions and school supplies with other family members.
- Be generous with your time.
- Keep a good sense of humor.
- Be enthusiastic about trying new ideas.
- If a task needs to be done and you can do it, do it; it will be appreciated.
- Treat your family with kindness. Be courteous using "please and thank you" generously.
- Accept your parents decisions in a positive manner.

Remember, no matter what your age, there are things you can do to help at home during tough times.