

News Notes To Parents

Purdue University Cooperative Extension Service of DeKalb County

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Teaching Your Kids About Retirement

Financial literacy is an important skill for navigating life's complexities. While retirement might seem distant for young children, introducing the concept early in their lives will help set them up for lifelong financial success. This article explores practical strategies to help teach young children about retirement while also emphasizing the importance of early financial education.



If you have not had a discussion about finances with your child yet, begin laying a foundation with the basics. Start by talking about fundamental financial concepts like earning, saving, spending, and budgeting. Try to incorporate interactive activities, games, and stories to make learning about money fun and relatable.

After you lay the foundation, introduce long-term goals. Gradually introduce the idea of long-term goals. As children become familiar with saving, you can then discuss goals that focus on buying a toy that they may want or saving for a family trip. This will help bridge the gap between short-term desires and lifelong aspirations!

Below are more strategies to help you educate your young child about retirement.

- Use simple analogies. Try explaining retirement using age-appropriate analogies. For example, compare it to a long summer vacation or a break after working hard on a

school assignment or project. Analogies help simplify complex ideas for young minds!

- Create a piggy bank for the future! I recommend encouraging children to have a special savings clear container. This can help them visually see their long-term goals. This could also help educate them about saving for retirement. This tangible representation provides a hands-on connection to the abstract concept of retirement.
- Include real-life experiences. When they are ready and you are able, expose children to real-life retirement experiences. For example, you could visit a retirement facility or have a conversation with an individual living in a retirement facility, such as a grandparent about how they got to where they are today.
- Foster a positive work and saving ethic! It is important to instill a positive attitude towards work and saving. This may be easier said than done. Children learn by example, remember that! Elaborate on the importance of having a fulfilling career, combined with smart financial habits. Children may be able to recognize that this will lead to a secure and comfortable retirement in the long run.

In conclusion, teaching kids about retirement early will instill financial responsibility and set the stage for a secure future. By introducing basic financial concepts, using relatable analogies, and incorporating real-life experiences, parents can empower their children to make informed decisions about their financial well-being. *Check out, "The Berenstain Bears' Trouble with Money," by Stan and Jan Berenstain to help teach your child more about earning, saving, and spending money. This storybook provides practical lessons on how to manage finances!*

Source: *OpenAI (2023) Chat GPT [Large language model]. <https://chat.openai.com>*

Snacks Serve Several Purposes for Active Kids



- Providing energy (calories) to help working muscles power through activity.
- Supplying fluids for hydration and to keep the body cool.
- Providing nutrients for growth and development.
- Promoting recovery after hard exercise.

In addition, snacks should be easily digested so blood flows to the muscles during exercise and not to the gut in order to digest a heavy, greasy snack.”
For the full article, go to: www.eatright.org “15 Fueling Snacks to Take to Your Childs Game”

Alfredo Bagel Bites

A surprise ingredient adds healthy nutrients to these cheesy bagel bites!

Ingredients:

- 6 100% whole-wheat mini-bagels
- 3 cups (3 ounces) fresh cauliflower florets
- ¼ cup fat-free Greek yogurt
- ¼ teaspoon kosher salt
- 1 tablespoon minced garlic
- 1¾ cup shredded part skim mozzarella cheese, divided

Directions

Before you begin: Wash your hands.

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper. Arrange bagel halves, insides facing up on sheet.
3. Steam cauliflower for 3 minutes in large microwave safe bowl.
4. Transfer steamed cauliflower to a blender. Add yogurt, salt, garlic and ¼ cup mozzarella. Puree until smooth.
5. Spread cauliflower-yogurt Alfredo sauce evenly on bagels. Top with remaining cheese.
6. Bake 15 minutes until tops are golden. Allow to cool for at least 5 minutes before serving.

Nutrition Analysis

Serving size: 2 bagel halves (88 grams) Serves: 6
Calories: 229; Total fat: 8g; Saturated fat: 4g; Cholesterol: 22mg; Sodium: 505mg; Total carbohydrate: 28g; Dietary fiber: 4g; Sugars: 5g; Protein 15g

Watch the Video on how to make them! <https://www.eatright.org/recipes/snacks-and-sides/alfredo-bagel-bites>

Source: www.eatright.org



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