



MONEY SAVERS FOR NEW PARENTS



Consolidated Credit Counseling Services, Inc.

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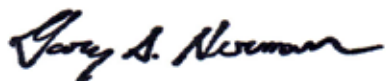
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Congratulations on taking this important step to a brighter financial future. Consolidated Credit Counseling Services, Inc. has been helping Americans across the country solve their credit and debt problems for more than a decade.

*Our Education Team has created over forty publications to help you improve your personal finances; and many available in Spanish. By logging on to **www.ConsolidatedCredit.org** you can access all of our publications free of charge. We have the tools to help you become debt free, use your money wisely, plan for the future, to build wealth. The topics Consolidated Credit addresses range from identity theft to building a better credit rating; from how to buy a home to paying for college. On our web site you will also find interactive credit courses, a “Best of the Web” debt calculator, a personalized budgeting tool, and much more.*

*We are dedicated to personal financial literacy and providing a debt-free life for Americans. If you are overburdened by high interest rate credit card debt then I invite you to speak with one of our certified counselors free of charge by calling **1-800-210-3481**. We also have partnership programs available for groups, businesses and communities to hold financial workshops and receive free money management guides and workbooks like the one you are reading now. Please call **1-800-210-3481** if you would like to discuss pursuing a personal financial literacy program. Text JOIN to 71610 and receive financial tips, free money advice, and much more!*

Sincerely,



Gary S. Herman
President

Consolidated Credit Counseling Services, Inc.

Money Savers for New Parents:

Tips for Raising Baby Without Breaking the Bank!

Children may be priceless, but they are also expensive. According to the U.S. Department of Agriculture, raising a child to the age of 18 will set the average family back nearly a quarter million dollars!

The first year of parenthood alone can be a shocker. Between diapers, formula, car seats, nursery furnishings, sitters and clothes they outgrow weekly, you may wonder how you'll ever afford to raise your child to adulthood! With some planning, though, you can keep those first-year costs down and maybe even sock something away for college. Here are some strategies:

Clothing: Your baby may look darling in designer duds, but they won't last long. Between spit up and growth spurts, you'll find most outfits don't get a lot of use. Don't be shy about accepting hand-me-downs, shopping garage sales, and especially shopping end-of-season sales for next year's clothes.

One Mom's Tip: If you can't buy clothes out of season, for whatever reason, first check Ebay©. They often have "New items With Tags" (NWT) which someone else overbought for their child. I bought a new 3T bathing suit for \$4.00, which normally would cost around \$20.00 in-season. "Lots" are several clothing items of the same size and season. These often are the best buys per item for both new and used clothes on Ebay©. – Theresa Rezendes, mother of Simone

Feeding: Breastfeeding is considered the healthiest option for your child and best of all, it's free. In fact, it can save you as much as \$1,000 the first year compared to the cost of formula. In addition, you may save money on doctor's bills since breast milk has been shown to keep babies healthier. If you must return to work, you may want to consider renting an electric breast pump – the savings on formula will easily offset the cost.

If you find you need to buy formula, talk with your doctor about options. Some brands are cheaper than others, but make sure you have your doctor's OK first. You may be able to get samples and coupons while you're still in the hospital; and be sure to sign up for coupons at the major manufacturer's websites. Be careful about stocking up ahead of time, unless you can return unopened formula. It may take several tries to find a brand that works for your infant.

When your child is ready for solid food, pureeing your own fruits and vegetables costs pennies compared to baby food in cans and jars. You can freeze these in ice cube trays then put them in containers for individual servings when you need them.

One Mom's Tip: While the shopping warehouses don't accept coupons, I have found they will accept the discount checks sent by formula manufacturers. This saved me money when I bought the bulk-size cans of formula. -Gail Marriott, mother of Christopher

Diapering: While many parents today cringe at the thought of washing old-fashioned cloth diapers, the savings may make you reconsider. According to Good Morning America financial contributor Melody Hobson, cloth diapers and laundering will run about \$1160 the first 2.5

years, while the cost of disposables is likely to be closer to \$1800.

If you must go with disposable diapers, many parents find the cheaper store brands to be just as reliable as the more expensive brand name ones. You can also buy inexpensive inserts that will turn a regular diaper into a more absorbent nighttime one. Whatever you end up buying, stock up when diapers are on sale. You don't have to wait until after junior arrives – you can start buying diapers on sale when you get pregnant. You'll need them!

One Mom's Tip: Make your own baby wipes using thick paper towels, water and baby soap. Also, try different brands of diapers. The most expensive aren't necessarily the best. Coupons will also save you money. -Karen Huenefeldt, mother of Grace and Jackson

Toys: Almost any experienced parent will tell you, the more expensive the toy, the less likely their child was to play with it! While you may feel you're shortchanging your baby if you don't buy him the latest educational toys, the truth is your child can do just fine with less – especially until they get older and start wanting what everyone else has. Garage sales and thrift stores are full of toys that were very expensive but got little use. Buy those!

One Mom's Tip: Don't buy books or videos, borrow them from the library. If your library doesn't carry them, check with friends or start a mommy-group 'library' so you can all share the expense as well as the books. Most parents only need certain books for a short period. -Deb Thornton, mother of Faith and Allison

Gear: Open any baby catalog and you'll find all kinds of gadgets promising to make your baby happier and smarter, or your life as a parent easier. While some may turn out to be useful, others probably won't get used at all. You

may find, for example, that your baby doesn't like the \$100 swing or the \$75 baby sling you thought you had to have. If a friend recommends one of these items that worked for her child, ask if you can borrow hers for a few days before you buy. When you do buy new items, ask about return policies and save your receipts in case you need to return or exchange them.

One Mom's Tip: I would say that about 50% of the non-essential things I bought for my daughter the first year were a waste of money: the baby sling that she hated and killed my back; the changing table we never used, the baby wipes warmer we didn't use; the sun suit that was supposed to protect her from harmful UV rays (but she wore maybe once); and the list goes on. Keep it simple.

-Gerri Detweiler, mother of Sydney

Daycare: The cost of daycare can easily top a year at a public university. If you are certain both parents will work after your child is born, start investigating daycare options now. Ask for recommendations from everyone you know. Visit the daycares during the day, consider commuting times and expenses and don't be afraid to ask about discounts or scholarships. If your job schedule isn't very flexible, make sure you also line up sick-child care. Your local hospital may be able to recommend a program of that type or ask other mothers what they do.

Some parents find that by the time they factor in the cost of daycare, it's cheaper for one parent to stay home full-time. Others may want to start their own daycare to bring in extra income. (Be careful about committing yourself to watching other children until you are in a good routine with your first child.) Another option may be to scale down to part-time work, or take an evening or weekend job if your spouse works during the day to minimize the amount of time you need to pay for child care.

Announcements: Consider sending baby announcements online. It will be fast, cheap and maybe even easier! Free online baby announcements are available at happygreetings.net or type "cheap baby announcements" into an Internet search engine.

Decorating: Fixing up the nursery is exciting, but you don't have to go overboard. Investing in a good, safe crib is important. Never buy a used crib unless you can check it out for safety recalls first. If it is cracked, chipped or damaged, don't use it.

You probably don't need a lot of fancy bedding for the crib. In fact, it's recommended for safety that babies under the age of 12 months do not have pillows, quilts, comforters, sheepskins, pillow-like stuffed toys, or other pillow-like products in their cribs. A fitted sheet and perhaps bumper pads that can be snapped into place (take them down when your child is old enough to pull herself up) are all you'll need.

Before buying a changing table, consider whether you'll actually use one. Some parents end up using simple changing mats in other rooms rather than changing the baby in the bedroom on a table.

Before putting used furniture in a child's room, test it for possible lead contamination using a kit from your local hardware store. Also, consider a theme for the room that can be easily adapted to grow up with your child so that you don't have to completely redo it in a few short years.



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About Consolidated Credit Counseling Services, Inc.

Consolidated Credit Counseling Services, Inc. is a consumer oriented, public education organization. We are an industry leader in providing credit counseling and debt management services throughout the United States, and a HUD Certified Counseling Agency.

Our mission is to assist individuals and families end financial crises and help them solve money management problems through education, motivation, and professional counseling.

We are dedicated to empowering consumers through educational programs that will influence them to refrain from overspending and abusing credit cards, as well as to encourage them to save and invest. We sponsor local free seminars that are also available to any group or organization that requests our educational services.

Our professionally trained counselors have assisted thousands of families across the United States. Regardless of whether your financial problems are due to the purchase of a new home, birth of a child, major illness, or any other circumstance, we can help.

Our organization is funded primarily through voluntary contributions from participating creditors. Our programs are designed to save our clients money and liquidate debts at an excellent rate.

Consolidated Credit Counseling Services, Inc. is a member of the Better Business Bureau, the United States Chamber of Commerce, the Greater Fort Lauderdale Chamber of Commerce, and the Association of Independent Consumer Credit Counseling Agencies.

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