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## How To Talk To Your Children About Money Worries

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COLORADO SPRINGS - The plunging market can create that sinking feeling in your stomach, stressing out parents who are just trying to get by.

So how do you communicate what's happening financially in your family without creating that sense of panic in your children?

Certified Financial Planner Denisa Toba says the most important thing is to be honest.

"They want to know their parents are okay. They want to understand what's going on so is important to have an honest conversation that's age appropriate."

Financial worries can create an enormous amount of stress in your family. Toba says children are very perceptive and can sense the changes and stress you're going through.

"This is the time to be honest. Sit down with them and explain you know we're going through some bad times and here's why," says Toba.

Keeping your family on the same page financially can help children cope with change.

"This is a good time to start talking about money, goals, start prioritizing those goals. Have the tough conversation," Toba adds.

Toba says a child's life long relationship with money begins at home. Sending out positive and healthy money messages that aren't fear driven.

"Tell them that it doesn't matter how poor we are we love each other we're happy."

The [Money Savvy Generation](#) web site offers various education, and age-appropriate tools to teach children about money. [Click here to find out more.](#)



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