



**PARENTS
STEP AHEAD**



PADRES UN PASO ADELANTE™



FINANCIAL LITERACY

Budgeting.



LESSON PLAN: Budgeting

WELCOME TO THE LESSON: BUDGETING!

You've taken an important step by selecting the topic **"Budgeting"** in our **Pick. Watch. Enhance. model**. This lesson will empower you with the knowledge and tools to create and manage a family budget—helping to reduce financial stress and promote long-term security. By understanding budgeting as a tool for stability, you'll set the foundation for greater confidence and control over your finances.

This lesson focuses on:

- Recognizing the importance of budgeting in achieving financial stability.
- Learning how to create a practical family budget.
- Exploring strategies to adjust and stick to a budget as circumstances change.

PAUSE AND PREPARE.

Before moving on to **Step 2: Watch**, take a moment to reflect on these questions. Your answers will help you focus on what you want to gain from this lesson:

- How confident do you feel about creating a family budget that helps manage household expenses? (1 = Not confident, 5 = Very confident)
- Do you currently track your household expenses? (1 = Never, 5 = Always)
- How often do you discuss financial goals (e.g., saving for emergencies, paying off debt) with your family? (1 = Never, 5 = Frequently)
- How well do you feel you understand the difference between essential and non-essential expenses? (1 = Not well, 5 = Very well)
- What financial stressors do you currently experience, and how do you manage them?

Take a moment to consider these questions, as they'll guide your learning in the next steps.

STEP 2 - WATCH.

This step features three short videos that walk you through the fundamentals of budgeting. Each video builds on the last, so make sure to watch them in the order listed below. Click on the video titles to begin:

1. Introduction to Budgeting

- Understand why budgeting is a powerful tool for financial stability and how it can reduce stress.

2. How to Create a Family Budget

- Learn the step-by-step process of setting up a budget, including organizing income and categorizing essential expenses.

3. Sticking to Your Budget and Adjusting for Changes

- Explore strategies for maintaining your budget, adapting to unexpected changes, and staying on track with your financial goals.

As you watch, think about how these concepts apply to your current financial habits and what changes you can make to improve your family's budgeting practices.

STEP 3 – ENHANCE.

Now that you've completed the videos, it's time to put your learning into action with our practical tools. These resources are designed to help you create and refine your family budget, set achievable financial goals, and build long-term financial security.

For this lesson, we've included the following resource. Click on the title below to download it. The resource is formatted so it can be easily saved to your computer OR printed for your convenience:

- **Strategies for Successful Budgeting**

- A step-by-step guide to creating an effective budget, tracking expenses, and adapting to financial changes. This resource simplifies budgeting and helps you take control of your family's finances.

This resource is designed to make budgeting easier and more approachable, giving you the tools to set your family on the path to financial stability.

REFLECTION.

Before wrapping up, take a moment to reflect on your journey through this lesson:

- How confident do you now feel about creating and managing a family budget after watching the videos? (1 = Not confident, 5 = Very confident)
- Have you started tracking your household expenses since the lesson? (1 = Not at all, 5 = Consistently)
- How often are you now discussing financial goals with your family? (1 = Never, 5 = Frequently)
- How effectively are you now able to identify essential and non-essential expenses in your budget? (1 = Not effectively, 5 = Very effectively)
- Can you share an example of how you have applied budgeting strategies to your family's financial situation since completing the lessons?

Reflecting on these questions will help you measure your progress and identify steps to continue improving your family's financial stability.

WHAT'S NEXT?

Congratulations on completing this lesson! By learning how to budget effectively, you've taken a vital step toward reducing financial stress and creating a secure future for your family. When you're ready to continue:

- Explore other lessons in the [Financial Literacy Center](#) to expand your financial knowledge.
- Revisit this lesson anytime to refine your budgeting skills or set new financial goals.

Keep building on your success! Each small step strengthens your family's foundation for a stable and stress-free financial future.

