

News Notes To Parents

Purdue University Cooperative Extension Service of Noble County

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Teaching Your Kids About Taxes

Teaching your kiddos about taxes can be tough to explain. When should you even have the conversation and begin teaching about this topic? Kiddos can start understanding simple tax lessons in elementary school. Some parents have started teaching concepts earlier by using the local library, the playground at their school, and roads as examples to explain how taxes are used to benefit all of us.

You might notice that your kiddo will start to ask questions. For example, if you drive around town, they may ask about money, taxes, businesses, and how they are all related to one another. Take this as an opportunity to explain why some items in your store area are taxed and others are not. Children understand a lot of what we do in our daily lives as adults and watch our actions. We teach them daily, sometimes without even realizing it.

Now, let's take a minute to talk about how to intentionally teach kids about taxes and good habits! I recommend trying your best to use real-life examples. Many of us go through our lives without thinking about what we are doing because it's just become a habit, so we go through the motions. Take a step back and consider that our daily activities are not a habit for our kiddos yet. Use this as an opportunity to find different ways for them to learn. Below are two examples.

Ex. 1: If you take your kiddo to the store with you, give them money to pay for an item themselves in cash and show them on the receipt how much was charged for taxes. It helps if the item being purchased is a round number like \$1 or \$5.

Ex. 2: Consider showing your child your paystub from your job and how much is taken out for taxes. Explain the different types of taxes and what the government uses the money for. This helps kids prepare themselves for when they start paying taxes from their first job or business venture.

Next, let's focus on the importance of explaining taxes.

When you run errands, take your kiddo with you and involve them in the process as you use public resources that are funded by taxes. Have conversations about how roads, parks, schools, hospitals, and the post office are paid for with taxes. Explain how each of these makes our lives better. This will help plant the seed that taxes are necessary for our society.

Have you received a professional promotion lately? Talk with your family about how this might change the amount of taxes you owe. This opens up a conversation about the different tax brackets and how they work.

When having these conversations, try and remember to be mindful of how you speak about taxes in front of kiddos. Many people agree that none of us really enjoy paying taxes, but they are necessary to maintain the society we live in. Our country really wouldn't survive if we didn't have taxes. Kiddos listen to what we say and how we say it. This helps them form their own opinions and thoughts on adult topics!

Try reading the book, [If You Made a Million](#). This book was intended for kiddos aged 4-8 years old. The author does a great job of teaching earnings, taxes, dividend income, and compound interest!

Source: Jessica Anglin, Kids' Money



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How Music Can be Used to Boost Mental and Emotional Health of Preschool Children

Prioritizing mental health and emotional wellness from a young age is critical for setting children up for a happy, successful life. One tool that can be used to help all preschool children boost their mental and emotional health is music. Here is an activity you can do with your preschooler:

You will need

- A balloon
- Scissors
- A ring-pull tin can (being careful to check for sharp edges) or a cardboard gravy container
- PVA glue
- Ribbon or decorations of choice
- 2 paper straws
- 2 small pom-poms

Method

1. Cut off the neck of the balloon. Stretch the remaining balloon over the top of the tin. Pull the sides of the balloon down so that the top is taught, and the balloon has a firm grip on the sides of the tin. It should stay in place, but you could use an elastic band or tape to keep it secure if not.
2. Glue on the decorations and allow to dry.
3. To make a drumstick, glue a pom-pom to the end of a straw. Repeat for the second drumstick and allow to dry. Now you're ready to bang out a rhythm!



Stock Image by Pixabay.com

To read full article: <https://novakdjokovicfoundation.org/how-music-can-be-used-to-boost-mental-and-emotional-health-of-preschool-children/>

Turkey Food Art

What kid doesn't want cookies for breakfast? These cookies combine fiber and fruit to result in a great portable kick start for the day.

Ingredients

- Apples (red and green)
- Carrot
- Whole wheat toast
- Peanut butter
- Candy eyes



Directions

Before you begin: Wash your hands.

Step 1: Cut a circle out of the whole wheat toast using a cookie cutter or a glass. Spread peanut butter over the toast and set it aside.

Step 2: Cut the apples into large triangles for the feathers, and a tiny triangle for the wattle.

Step 3: Cut a small triangle out of the carrot for the turkey's beak. Use two larger pieces of carrots to cut out two feet.

Step 4: Now you're ready to assemble. Use the candy eyes, apples and carrots to create your turkey!

Source (article & image): <https://raisingveggielovers.com/turkey-food-art-healthy-kids-food/>

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