



## BACK TO SCHOOL: HOW TO MAKE INFORMED CHOICES



**1. Look at the list of school supplies needed for the new year with your child**  
Decide what school supplies and clothing are needed  
(e.g., binders, pencils, boots, coats).

.....



**2. Sort out what you already have, what can be reused, and what absolutely needs replacing**  
Make three piles: "Throw out," "Keep" and "Depends on the budget."

.....



**3. Make a list of items to buy**  
Again, decide which items are absolutely necessary and which ones would be nice to buy but are not necessities.

.....



**4. Have your child estimate how much it will cost**  
Review the list of requirements, and assign an approximate cost to each item  
(e.g., how much do you think a binder costs?).  
Check the estimated prices on the Internet to make sure you are being realistic.

.....



**5. Set a total budget**  
With your child, determine what the total budget will be based on your price estimates in Step 4. Split the budget in two: part for school materials and part for clothing.

.....



**6. Go shopping with your child (or let your teen go alone!)**  
Tip: Bring along a calculator so your child can keep a running total while shopping.  
Encourage your child to compare the different price options.

.....



**7. Have your child make choices to stay on budget**  
Again, you can help by separating needs and wants.

.....



**8. Do this on a day when you and your child are feeling well, are in a good mood and have plenty of time**  
Shop in advance to avoid last-minute stress.