

COUPONING 101

INVOLVING THE FAMILY

For those who may have children at home, here are a few ways to include them in the couponing fun.

Cutting The Coupons: Give them the scissors and let them get to it... but no running!

Younger children: Give younger children expired coupons so they can feel like they are helping without causing you too much stress. Encourage them for doing a great job and recommend that they keep all of the barcode next time.

Older children: Print out the coupons and hand them over to the older children to do the cutting.

Organizing The Coupons: What a great way to help your children understand the importance of organization and details.

Younger children: Help them match duplicate coupons, or make various piles of coupons in different categories. For example, make a snack pile, a beverage pile, or a dairy pile. This would also be a great activity for teaching the food groups or for working on sorting and matching skills.

Older children: In the grocery store, give older children the task of not only finding the dispenser coupons, but also going ahead and putting them into the coupon organizer. They can also clean out expired coupons from the folder.

Children's Coupons: Maybe they would like to have their own folder. The Dollar Store likely will have an inexpensive version they can try.

Younger children: For younger children, give them expired coupons as you clean them out of your folder. They love to do anything that you enjoy, so it will be a great way to do something together and will teach them about responsibility.

Older children: Photo album picture sleeves are perfect for kids to insert coupons without having to do any folding. Help them begin the process of looking for money saving opportunities for products they might enjoy. It is an opportunity to help them understand the value of saving money.

