Develop Healthy Hobbies as a Family

We may feel like we spend lots of time with our family members. But squeezing in a few hugs and meals on our way to and from work, school, and soccer practice isn't really the same as scheduling meaningful family time. Developing family hobbies can help you all spend more purposeful time together, improve your family's well-being, and find new ways to connect.

Mix and match a few of these ideas to find some go-to family hobbies, rain or shine.

The Great Outdoors

Hiking and Nature Walks

Explore local parks and nature reserves. Plan a family camping trip. Or just take weekly walks together through your neighborhood. Walking and hiking can also be the first steps towards other activities, like eating at local restaurants or heading to the park for a game of touch football.

Biking

Whether it’s a leisurely neighborhood ride or a mountain biking adventure, cycling is a fun and healthy family activity. Like walking, you can organize family trips around biking and take some rewarding pit stops along your route.

Gardening

Put that overgrown corner of your yard to good use. Few things make little kids happier than a shovel and a patch of dirt. Older kids, parents, and grandparents can plot out what you’re going to grow and work out a schedule to share watering and pruning duties. Put a big family meal on the calendar for harvest time and share your leftover bounty with friends, family, and neighbors.

Getting Creative

Arts and Crafts

Set up a dedicated space in your home where everyone can let their creativity run wild. Whether it’s painting, drawing, or crafting, encourage each family member to explore and have fun. A great way to start is to find a drawing book or website that offers “daily doodles” and buy everyone a sketchpad.

Photography

It’s easy enough to pass around a cell phone or an old digital camera to preserve family memories. But a couple YouTube lessons could teach you and your older kids the basics of composition, lighting, editing, and publishing to a digital family photo album.

Music

If you have some old instruments lying around the house, cue up YouTube and learn the basic chords of a favorite song. Parents and grandparents who do know how to play can show youngsters the basics, which could lead to a new passion.

Fun Around the Kitchen Table

Cooking and Baking

Turning meal prep into a family activity can limit trips to the drive-thru, teach everyone some new skills, and encourage healthier eating habits. Pick one or two nights every week when a family member can break up your regular meal rotation with something new. Take a weekly trip to the farmer's market and follow fresh inspiration where it leads.

Games and Puzzles

When was the last time you gathered around a classic like Monopoly or Scrabble? Puzzles and Lego sets can also be great fun for families who need to turn down the competitive heat. Aspiring "dungeon masters" can run family-friendly role-playing games that turn game night into an epic story and encourage family members of all ages to find creative ways around that sleeping dragon.

Reading and Writing

A lifelong love of reading is often inherited from parents and grandparents. Take family trips to the library or local bookshop. Share news stories relevant to everyone's interests. Start a family book club or organize your own reading around what your kids have been assigned at school.

Sometimes it's too easy to hustle and bustle right past things that matter the most. Our planning tools can give you a new perspective that will help you spend both your time and your money in ways that will more align with your values.

4 Things to Consider Before Committing Financial Support to Your Adult Children

A large part of being a parent is making our children's lives easier which often comes in the form of committing financial support to those adult children. But before writing a check or making a deposit through Venmo to your children, ask yourself these four key questions:

1. What, specifically, is this money for?

The key word here is SPECIFICALLY.

Many parents tend to err on the side of protecting their child's feelings when weighing financial support. We know

asking for money can be embarrassing, and we don't want to deepen that embarrassment. Or we're worried that if we ask too many questions the child will become frustrated and hide serious problems from us going forward.

These are understandable concerns. But it's also important that you understand whether your child needs support because of something beyond his or her control (a car accident, serious health issues, unexpected job loss) or because they're struggling with basic adult responsibilities. If your child is making poor budgeting decisions or settling for underemployment, you may be throwing good money after bad.

Be tactful but get to the root problem before you decide if your money is the best solution.

2. What is the real cost to me?

Many parents are already helping their adult children more than they realize.

For example, you might not think much of letting your adult children stay on the family cell phone plan or piggyback on an HBO subscription. After all, it's only twenty bucks a month, right?

But how long have you been giving your child that monthly free pass? Years? You can also set time limits. For example, tell your child they can remain on the family cell phone plan until age 25 or until they get married, whichever comes first.

Are you helping with larger monthly expenses, like student loan or car payments? When will it finally be time to pull the plug?

Our advice: get it all down on paper. Make a spreadsheet that accounts for the financial support you're already giving your child, large and small. Seeing how even small expenses accumulate over time will be eye-opening for both of you and

help inform a good decision.

3. What are the terms of the bailout?

This is another area that parents tend to tiptoe around because they're afraid of insulting their children. But do you know of any bank that's going to loan your kids money indefinitely, charge no interest, and ask for no repayment? Then why should your money be subject to such lousy terms?

Your children have to understand that your generosity is not open-ended, especially as you near retirement age. You've probably made many sacrifices for them already. You should not sacrifice your financial security or the nest egg that is meant to support you in retirement.

If your children want you to "be the bank," then you have every right to act like one. Set clear terms in writing, including a repayment schedule. In more serious cases, you might want to bring us a copy of this agreement so that we can include it in your estate plan.

4. How else can I help?

It's very likely that your child spent 16 or more years in school without learning a single thing about managing money. Financial literacy just isn't taught in schools. This knowledge gap could be a big reason your young adult is struggling.

Does your child need money suddenly because he or she doesn't know how to budget? Help find that balance between covering current expenses and contributing to savings and investment accounts.

Housing and transportation expenses can be a shock to recent college grads. You could help your child negotiate a car lease. You might help a child who's already chasing after the Joneses by counseling against a rash home purchase that will

stretch his or her finances thin.

Introducing your underemployed child to some of your professional connections might lead to a significant career upgrade.

One key connection you should be sure to tap: your team at WaterRock! We're always happy to help our clients' adult children get on their feet. We consider this a service to our clients because we know that the less you're worried about supporting your children, the more secure your own retirement goals will be.

This article was prepared for Aaron Larson's use.

Preparing to Send Kids to College

Between the student debt crisis, COVID-19 lockdowns, and post-pandemic changes to the workplace, it’s never been more important for students to make the most of their college experience. And if you’re a parent who’s preparing to foot the bill and hoping to turn that extra bedroom into a hobby room, it’s important that you set clear expectations for what your child needs to accomplish before graduation.

Here are three discussion points that can help you, your spouse, and your child establish some ground rules so that all of you get more value from the next four years.

1. Academic expectations.

C’s may very well earn degrees, as the old saying goes. But while your child is no longer competing for a spot in college, that doesn’t mean they should start slacking in the classroom. Middling academic performance could jeopardize a scholarship your child earned. It could also make it more difficult to secure spots in selective classes and programs later in college – particularly if a post-graduate degree is part of

the plan. Moreover, if your A student is suddenly struggling to get by, that could be a sign that he or she isn't taking classes seriously or is dealing with mental health issues that you should address as a family.

Beyond engaging in their classwork to learn, students should use college to sharpen skills that will help them succeed in the workforce: time management, collaboration, perseverance, focus, and curiosity. Push your child to do more than get by and they'll learn how to push themselves toward greatness.

2. Financial expectations.

In addition to building good work habits, college is also an opportunity to teach your child good money habits. Even if you can afford to pay for tuition, room, and board, you might have your child contribute to total costs as well. Having some skin in the game might motivate your child to put in that extra effort to excel.

Of course, the costs of college don't stop once the tuition and housing bills get paid. What is your child's plan for covering basic living expenses? Have a conversation about part-time work, setting a monthly budget, the importance of saving and investing early, and using debt responsibly. This last point is especially important as many credit card companies barrage freshman with enticing introductory offers including fine print they may not understand. It's likely your student will have enough debt to worry about when they start working without adding a high-interest credit card bill into the mix.

3. Networking expectations.

For motivated students who want to build a glide path from the classroom to a good job, the resources at a college or university are almost endless. High achievers who demonstrate a commitment to hard work can form invaluable relationships with professors, administrators, counselors, alumni, and other

mentors. Many schools have strong connections to local companies, community organizations, technical certification programs, and government offices.

Joining student organizations can help students connect with their peers and start addressing issues both on campus and in the broader community. And all these contacts and experiences can be resources when it’s time to start applying to graduate school or looking for a first job. Talk to your child about how they plan to make these important connections and start cultivating their first professional network.

Ultimately, college will be what your student makes of it. Once you’ve set your expectations, you’ll have to give your child some space to find their best way to meet those expectations and prepare themselves for adult life.

We can’t help with homework, but if you’d like to set up an appointment before move-in day, we’d be happy to sit down with you and your child to help him or her get started on the path to long-term financial success.

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