

## **E-HOW**

### **Going It Alone: Overcoming the Challenges of Single Parenting, Finding a Healthy Balance**

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#### **Fun-Filled Activities on a Single-Parent Budget**

Just because you are supporting your family on a single income, it doesn't mean the fun has to stop. With a little creative budgeting and planning, you can foster memories that are both fun and free.

According to Nancy Butler, a Connecticut-based certified financial planner, low-cost entertainment options are unlimited for families on a budget.

Butler recommends taking advantage of local parks and campgrounds. Teach your toddler how to ride a bike, fly a kite or prepare a picnic lunch for a day at the park. Enjoy an evening under the stars by pitching a tent in your backyard, complete with a campfire and s'mores.

If your teen is interested in the local arts, volunteer the entire family to usher a local play or volunteer as stage hands to get behind the scenes. Giving back to the community through volunteer work can foster a sense of charitable responsibility within your children. "It gives the whole family a way you can share the experience, says Butler, "and you are not spending money, while you are feeling great about helping others."