Financial Wellness Spotlight

November 2025

Teaching Kids to Save

Teaching kids the habit of saving builds a foundation that gives them control over their future. They learn how to delay gratification and develop discipline, which leads to financial security and independence as an adult.Kids can start learning about money as early as preschool. The following are some activities you can use to help your young child learn about the value of money and the importance of saving.

Saving with a Calendar:
A calendar can provide a visual for saving and goal setting. Choose a month and provide your child with the same number of pennies as there are days in that month. (Pennies can be substituted for other coins.) Discuss the value of the coin and give them different scenarios to demonstrate by placing them on the calendar.

Scenarios:

- If you save one penny every day of the week, how much would you have?
- What if you save one penny each Monday?
- What would happen if you save one penny each Monday and Wednesday?
- How much would you have if you save a penny every day?

Once they have done a few scenarios, encourage them to come up with a few of their own to see how much they can save. You can also mix it up, by using a variety of coins in the activity. Once done, allow them to place the coins into a savings jar for their future saving goals.

Three Jar Money System:
The three-jar system teaches kids how to make money decisions. Decorate three jars and label them: *saving*, *spending*, and *sharing*. Then, talk about the difference between them. The following are questions you can ask to help guide the conversation.

Questions:
- Are there toys or books you want?
- Are there fun activities you would like to do?
- If you could help someone with your money, who would it be?
- Is there a charity you would like to donate money to?

When your child receives money for chores or as a birthday gift, have them divide their cash into each of the jars. If you want to encourage saving or philanthropy, you may choose to match their contributions.

Envelope Challenge
Make saving into a game! Number envelopes based on the amount of allowance your child receives. When they get their money, have them randomly pick an envelope and place the corresponding number of dollar bills into it. Then, allow them to choose how they want to use what's left.

Example:
- If they receive $5 in allowance, use five envelopes, and number them from 1 to 5.
- When choosing a random envelope, if they choose number 3, have them place $3 into the envelope.
- Boost their excitement by matching the amount of money placed in the envelope.
- They can then keep the remaining $2 to use how they would like.

Once all the envelopes are filled, help them count out the money they have saved and go together to your local credit union to open a Youth Savings account.

Family Savings Goal
When children hear positive money conversations at home, they are more likely to build healthy financial habits. Make family conversations about money a habit by setting a family savings goal that you can all work toward. Create a chart to track your savings progress and together find a picture (or draw a picture) that represents what you are saving for. Place the chart and picture in a place you can all see on a regular basis. Each week, check-in on your progress and have everyone share how they are contributing toward the goal. Not all contributions have to be financial. Consider the following as ways they are contributing and include it in the conversation.

Contributions to consider:
- Helped clip coupons.
- Made sure they turned off all the lights when they left a room to help save on electricity.
- Packed their lunch instead of buying at school.
- They decided they didn't need a new toy right now.

This can help them see that everyone can contribute to the family finances. If there are setbacks, acknowledge them and discuss what can be done to move forward. When you've reached the goal, celebrate the achievement together!

Learning about money and saving can and should be fun! Starting early will ensure kids are developing lifelong habits that will benefit them throughout their lives. For more resources explore our collection on **Teaching Kids Finances**. Then check out the **Money as You Grow** program through the Consumer Financial Protection Bureau (CFPB) for additional activities.

Check out Savings accounts with BMI Federal Credit Union and, for a limited time, we'll put a **$100 cash bonus+** into a Youth Certificate when you open a new Youth Savings account.

+Visit **bmifcu.org/youth-account** for full details.

Financial Wellness Tip: Teach Your Kids About Money

Help your child have a positive money mindset by sharing upbeat stories about money - like a time when you unexpectedly found money you forgot about or when you donated to a cause, and it made you feel good.

Read **"Teaching Children About Money"** for other activities you can do to help your child develop good financial habits.

Community Workshop Schedule

Expand your knowledge and build confidence in your ability to manage your finances successfully. Join us in **December** for free Financial Education Workshops open to the community.

- **Understand and Improve Your Credit Score**
  Wednesday, December 3, 2025 at 7:00 p.m.
  Your credit score matters, and it is important to know how it is calculated. Learn how to build, improve, and keep your credit score strong.

- **Avoiding Scams**
  Thursday, December 11, 2025 at 12:00 p.m.
  Learn to identify the most common scams and how to protect yourself and your loved ones.

- **Money Sense: Successful Saving**
  Thursday, December 11, 2025 at 4:00 p.m.
  Developing good savings habits now can benefit your long-term financial health. Discover your motivation to save and acquire the tools to reach your goals.

Visit **bmifcu.org/workshops** for additional information, view our full list of upcoming workshops and webinars, and register to attend.

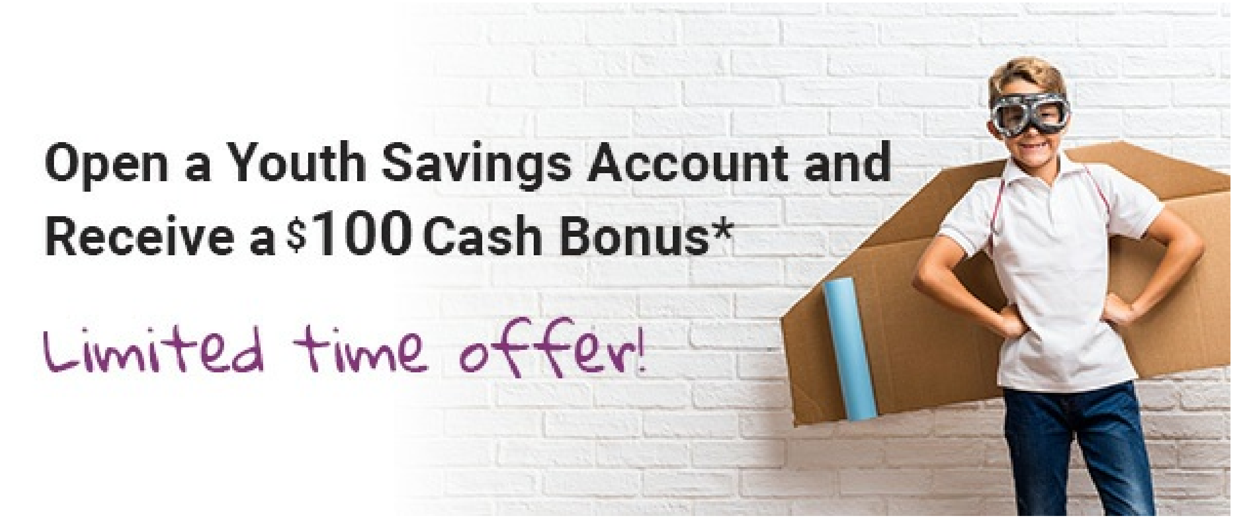
Online Learning Center

Explore our online learning center by topic for free financial education resources. Find articles to read, modules to explore, watch videos, or utilize available calculators. Visit **bmifcu.org/online-learning** to get started.

Explore our collection of resources on **Youth Finances** to help teach your kids about money.

- Explore **Family Conversations about Money** for strategies and best practices to help guide your discussion.
- Read **8 Internet Safety Rules for Kids** to teach them internet safety rules.
- Play **Banzai Junior** to teach them how to make wise financial decisions through real-life scenarios. Designed for kids ages 8 to 12.

Products and Services Highlights



Help Launch Your Child's Future

Open a Youth Savings account and we will put a **$100 Cash Bonus+** into a Youth Certificate! Open your **Youth Savings account** to start earning today.

Our Rates Are Lower Than the National Average!

Transfer your balance to a new BMI FCU® Visa Platinum credit card and get **ZERO** percent introductory APR[1] on your balance transfers for 7 months. After that, your APR will be **9.900%-17.900%** based on your creditworthiness when you open your account!

We also have a great balance transfer offer on our **Visa with Rewards** credit card!

Check out our **credit card offerings** and choose the card that best fits your needs.

Compare the National Average Credit Card Rate with BMI FCU®

BMI FCU Platinum APR[1]	National Avg. Credit Card APR[2]
9.90% - 17.90%	20.03%

[1] **See complete details.**

[2] National Average Credit Card Annual Percentage Rate Source: Bankrate.com, October 8, 2025. **https://www.bankrate.com/credit-cards/advice/current-interest-rates/**

Refer A Friend to Join BMI FCU®

Share the love and earn a **$200 cash bonus*** for yourself and a **$300 cash bonus*** for your friend when you refer them to join BMI Federal Credit Union®!

Print your **Refer A Friend card** to share with your friends and family today.

***See complete Refer A Friend details.**

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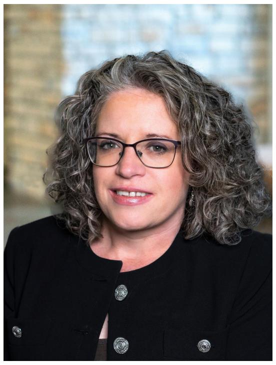

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