

The Truth About Family and Finances



"A person's a person, no matter how small."

Dr. Suess

Debt settlement psychology:
How to talk to you children about financial problems.

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Hope from a debt survivor.

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This month's recipe, a few laughs and how to connect with us on online.

Cook, Laugh, Connect.

Lay-offs, pay-cuts, foreclosure and **debt** are all realities of the world we live in. What you share with your child about your family's financial hardships (and the way you share it) can have a profound impact on their ability to process and cope—and even on their financial future.

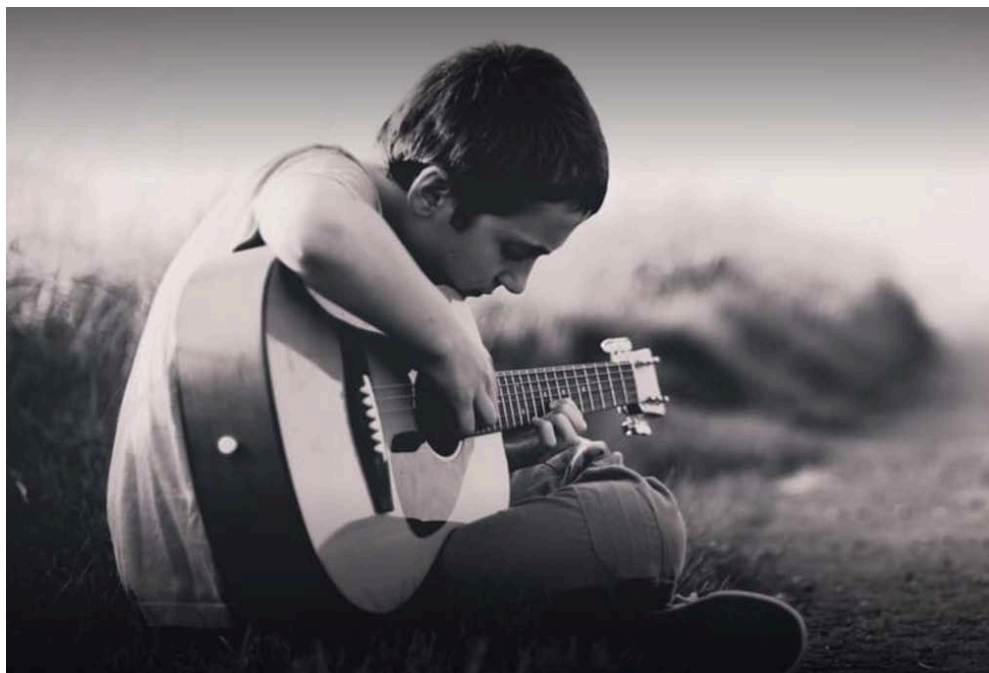
If your family is facing a trying time financially, whether or not you've tried to hide it from your child, they most likely already know.

If you're a parent in our **debt settlement program** or working with any other debt relief company, it's likely your children have already sensed a change in the way money is spent—and they may need an explanation.

Read how on page 2.

Talking to the kids

Six things you should know before you talk to your children about your financial struggles



We've interviewed psychologist Chris Berger—founder and director of Foundations Counseling, LLC—to find out the best ways to tell your children about your plan to get out of debt or any other financial struggles in your home. He gave us several guidelines for handling this sensitive subject.

Children are incredibly perceptive—they can pick up on parent's stress, hushed conversations, changed spending habits and moods much more accurately than most will give them credit for.

Picking up on these cues without the explanation and assurance of a parent can lead to confusion and insecurity—emotions that can cause stress, anxiety and physiological problems.

To avoid putting your children through this emotional whirlwind, start by reading through these steps.

How much you should share depends on your child's age and maturity level. Generally, Berger recommends sharing fewer details and emphasizing security with children under 13—the basic concept of frugality is all they can really process. Most teens, however, will be able

to handle more information. If they can understand it, they can better cope with it. But take into consideration your child's maturity level before deciding which method best suits them.

Don't lie. Berger stresses this in all areas on parenting. You can choose how you phrase things and how much to share depending on your situation, but don't give false information.

Educate your children on finances. Utilize a trying time with a slimmer budget to teach your children about money, saving, frugality and wants vs. needs. Berger said you can use your own financial missteps as a lesson, focusing on what you've learned and not being afraid to admit if you've made mistakes. "It's okay to be fallible," he said.

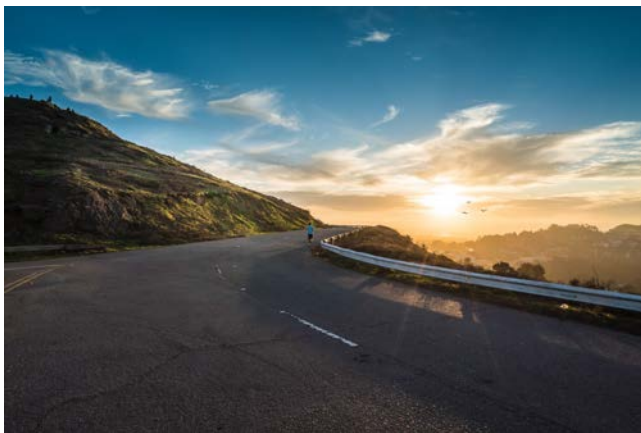
Focus on the positive. Emphasize that the difficult changes now will be better in the long-term, that a move or change in activity allows for new opportunities elsewhere, and that no matter what, the family will be staying together.

Show a united front. Make sure you agree on what to say to the kids and how before

(Continued on next page.)

confronting them. Arguing in front of a child can create more anxiety and less of a sense of security.

Don't use your child as your confidant. It's important to maintain the parent/child relationship as a healthy boundary. Confiding in a child like a peer or "over sharing" will give them an added sense of stress. Berger says to remember that the child does not have the answers—focus on their best interests in the situation.



Client of the month

Each month we honor an SDS client who has shown commitment to the program in the face of extreme challenge. Be encouraged!

Patti from Wisconsin.

I have been married for 40 plus years – 2 grown sons, no grandchildren, have had dogs in our life forever, right now we have a black lab, a wonderful walking companion. Have lots of flower gardens, that I can't wait to get at since spring is right around the corner.

What brought me to Superior is one of our credit card representatives suggested we needed help to get all our cards in control and she gave me Superior's phone number. What a lifesaver.

We had 9 accounts and getting nowhere. I believe our debt was about \$80,000 or so.

The hardest thing about being so in debt was working hard each day to try and make the minimum payments and that just covered their interest for the month. I would lay awake at night just thinking about the money we owed and it just made me sick. In my 60s and worse off than when we first got married, wow. I needed help getting back on track.

No more borrowing from Peter to pay Paul. Closed all credit cards. If we don't have the cash to buy something, we go without it. No more vacations until we get our finances in order, which will happen this year.

Since joining the program, no more debt collectors calling. They could really make you feel like a piece of dirt. We just dug ourselves such a hole, that we are now finally crawling out of.

We have 1 more account to settle and thanks to Marie Chamberlain, we should be done this year. Marie, you're the greatest!

My advice to everyone out there, you are not alone with debt problems, so easy to use that card and those credit card people make it so easy to get another card. But just stop charging and make a call to Superior Debt and they will help you get control of your finances. I just wish I would have done this 10 years ago - THANK YOU SUPERIOR, I CAN FINALLY BREATHE AGAIN!

Breakfast Tacos

Stop stereotyping your taco time and start your day spicier with this simple breakfast.

INGREDIENTS

- | | |
|---|--|
| <p>4 large eggs
kosher salt and black pepper
1 tablespoon unsalted butter
4 corn tortillas, warmed
$\frac{1}{2}$ avocado, thinly sliced</p> | <p>$\frac{1}{4}$ cup salsa
1 ounce Monterey Jack, shredded (1/4 cup)
2 tablespoons fresh cilantro</p> |
|---|--|

DIRECTIONS

In a medium bowl, beat the eggs with $\frac{1}{4}$ teaspoon each salt and pepper.

Heat the butter in a large nonstick skillet over medium-high heat. Cook the eggs, stirring, until set but still soft, 2 to 3 minutes.

Divide the eggs among the tortillas. Dividing evenly, top with the avocado, salsa, Monterey Jack, and cilantro.



Laughing Matters

“Ordinarily, staring is creepy. But if you spread your attention across many individuals, then it’s just people watching.”

“We use a really strong sunblock when we go to the beach with the kids. It’s SPF 80: You squeeze the tube, and a sweater comes out.”

“A hotel minibar allows you to see into the future and find out what a can of Pepsi will cost in 2020.”

Connect with Superior

For more money-saving tips and a place to give us feedback, check out our blog at <http://superiordebtrelief.com/blog> or follow us on Facebook and Twitter [@SuperiorDebt](#).

Refer-a-Friend

Know someone who could also benefit from our services? Contact one of our member services representatives to join our refer-a-friend program and start receiving incentives today.

Who We Are

Established in 1998, Superior Debt Services is a debt relief company committed to ethically helping consumers lower their credit card debt while encouraging healthy financial habits. Find out more at superiordebtrelief.com.