

# Buried in Bills?

How to get a grip on your finances and create a budget your family can live with

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**F**or lots of people it is a 'b' word. Budget. It sounds so constraining, exacting and unpleasant. But learning to create and use a budget for your family can help you understand your finances, control your spending and still leave room for money for fun things.

## Get a grip on your finances

Most parents have a general sense of the amount of money they need to run

their homes. Everyone generally knows how much the paychecks are and how much the mortgage or rent and utilities are. But most parents don't have a true sense of how much their families really are spending on a weekly or monthly basis.

Before you can create a budget and develop a plan for your spending, you need to know exactly what kind of money is coming into your household and



what kind of money is flowing out. The best way to find this out is to create an income log and a spending log. Take a week or a month (usually the most representative) and hang two big charts on

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