



# **Home & Family Topic Starters**

August 2009

## Blog Energizer

1

Tips for managing family medical bills. Budgets are getting tighter and medical expenses seem to continue to increase in cost. Managing both equitably is a challenge. Blog about tips to manage family medical bills. For example, you could blog about negotiating with providers, visiting free clinics for some medical needs, and/or changing your insurance plan to include an HAS.

**🔥 Affiliate linking opportunities:** Are there any medical organization kits?

2

Do you lie to your children? Most parents fib to their children at one point or another. The tooth fairy, for example. What is your philosophy regarding truth and children. How do you decide what they need to know and what is worth fibbing about?

3

Teaching your children to be truth tellers. At one point or another, every child tries to pull the wool over their parent's eyes. Some children are better at it than others, too! Blog about how to teach children that honesty is the best policy.

**🔥 Affiliate linking opportunities:** How to talk to your children type books are a great resource to recommend.

4

3 easy to grow foods. Growing your own food offers a number of benefits. You save money on groceries, you have fresh fruits and/or veggies at your fingertips and you show your family the joy of gardening. Share three foods that are easy to grow in most climate zones and offer a few basic instructions or tips on how to grow them successfully.

**🔥 Affiliate linking opportunities:** Canning is also fast becoming a lost art. Part of growing your own food is to be able to store it for later use. Suggest home canning and natural food preservation resources.

5

If you give a mom a martini- mom celebrities give tips on how to find 10 minutes of solace give your own. There's a new book out called "If You Give a Mom a Martini," which offers 100 ways to find 10 minutes for yourself each day. Offer 10 tips of your own to help your mom readers find that coveted quiet time.

**🔥 Affiliate linking opportunities:** Don't forget to use your affiliate link when linking to this book.

6

Is it time to get a dog? If you don't have a dog and you have children then chances are they've asked at least 101 times to get one. Offer tips and suggestions to help parents make that decision. Consider offering websites for breed research, training tips and tips on age appropriate pet care responsibilities for little ones.

7

3 kid friendly squash recipes. Squash...ick! Most children, and some adults, despise this vegetable yet it's full of wonderful nutrients and fall is its season. Offer three child friendly squash recipes.

**Idea:** If you don't have recipes at hand, try private label articles and recipes. Check out our "[Where to get private label](#)" resource.

8

Back to school already? How to get the children on their new schedule quickly and easily. It seems the transition from the summer schedule to the back to school schedule is a particularly difficult one. Children

## August 2009 Home & Family Edition

are used to waking up late and going to bed late, which can lead to some very difficult mornings. Offer tips and suggestions to help parents ease children back into their school schedule easily and without early morning drama.

9

Back to school shopping on a budget. Children really do grow like weeds and many, it seems, seem to have a growth spurt right after you go out and buy them their new fall wardrobe! Blog about ways for parents to manage back to school shopping. For example, buying children one outfit for the first day of school and heading back to the stores a few weeks into school when sales have kicked in.

10

Packing kid approved healthy lunches. Prepackaged lunches are an easy fix for time-crunched parents but they're typically high in sodium and sugar and low in nutrients. Couple that with the fact that children are picky and conscious about what their friends are eating, they want to look cool, and packing a healthy lunch can be difficult. Blog about tips and strategies to pack healthy lunches that kids approve of.

**🔥 Affiliate linking opportunities:** This is a good post to suggest a kids lunch recipe book or even a resource like [Kid Approved Meals](#).

11

Marriage rules/advice to follow. I'm sure you've heard the advice to never go to bed angry or to always make time for date night. Some of these have been handed down from generation to generation while others are created as a marriage grows and changes to help keep it vital and alive. Blog about the rules you have for your marriage, why you set them and how you make them work.

**🔥 Affiliate linking opportunities:** Recommend a book that gives people ideas of little things they can do in their marriage everyday to help strengthen it.

12

Mistakes your kids could be making online. Many children are aware of the safety precautions they should take when they're online and yet some still make mistakes, like publishing their phone number on social media sites. Blog about 10 common mistakes children make online and how parents can help prevent them from happening.

**Ideas:** Put together a rules sheet that you can distribute freely to your readers and encourage other bloggers to give away too. This can help promote your blog, website or products. Remember to submit it to us here at BlogEnergizer so we can promote it too.

13

Perfect, and safe, storage for kid's lunches. Many lunchboxes, produced by notable manufacturers, contain lead and other dangerous chemicals. Additionally, many thermos containers do not keep ingredients cold or hot enough to be safe to consume by the time lunch rolls around. Offer tips and suggestion for safe lunch storage.

**🔥 Affiliate linking opportunities:** Great post to recommend lunch boxes and containers that you know are safe and well made.

14

Tips to get your family involved in the community. A sense of community is a great thing. It helps children feel as if they belong somewhere and it teaches them about the benefits of giving back and becoming involved. Blog about the benefits of community involvement and how parents can help children become active members of their community.

## Blog Energizer

15

Best parenting advice you ever got. Parenting advice seems to come at you fast when you're expecting yet that's not usually when you're in any mood to receive parenting advice and when your two-year old is in the midst of a tantrum everyone vanishes – no advice to be found anywhere! What is the best parenting advice you ever received and why?

16

5 websites to help you decorate on a dime. Just because the economy is still struggling doesn't mean people want to forget about their homes. Offer your readers 5 websites that help people decorate on a dime. For example, HGTV or decoratingonadime.com.

**🔥 Affiliate linking opportunities:** HGTV also has some good design on a budget books that you can recommend.

17

3 easy outdoor crafts for kids. Children love to get messy and they're good at it! They also love being outdoors. Combine these two thrills and offer parents three easy outdoor crafts for children. Show them what they need and how to create the craft.

**🔥 Affiliate linking opportunities:** Suggest also overalls that parents can order and have their children wear to keep clothing clean when it is not suitable for outdoor crafts.

18

Tips to motivate your children to read. Not all children love to read and during the summertime when there are certainly other things to do, getting a child to read can be like...well like pulling teeth. Offer tips for parents to motivate children to read.

**🔥 Affiliate linking opportunities:** How about some reward charts and kits.

19

5 gadgets to save energy around the home. Energy savings isn't just good for the environment; it's good for your pocketbook. Blog about 5 gadgets to help people save energy around the home. For example, a programmable thermostat, timers, and power strips.

**🔥 Affiliate linking opportunities:** Great post to suggest gadgets!

20

How to motivate children to practice good hygiene. Do you have to twist your child's arm to get them to brush their teeth, to change their underwear, to bathe? It can be a real battle to get children to simply clean up. What do you do? How do you motivate children to practice good hygiene?

21

Realistic tips for managing household finances. There are literally thousands of tools available, both online and off, for people to better manage their household finances. There are tools that let you scan your receipts in to create reports, there are software products to help create budgets and of course there is online bill pay. Of course, some of these tools and tactics are easier to use than others. Offer your readers realistic tips for managing household finances.

**🔥 Affiliate linking opportunities:** Suggest organization kits, binders or systems.

22

## August 2009 Home & Family Edition

Household fire safety tips. According to the United States Fire Administration, USFA, "Approximately 84 percent of all fire deaths and 79 percent of the injuries to civilians in 2007 are from residential fires. Between 1998 and 2007, there were an estimated 397,650 fires annually resulting in 3,040 civilian deaths and 14,960 injuries each year. These fires resulted in an average dollar loss of \$6,029 million." Blog about basic household fire safety tips to help save lives.

**🔥 Affiliate linking opportunities:** Recommend first aid kits and planning resources.

23

Teaching your kids personal safety. Most children know not to talk to strangers but there's so much more to know to stay safe. What do you teach your children? What are age appropriate rules to follow? Blog about your advice, tips, and strategies to keep children safe.

24

Five great all time family movies. What are your favorite family movies? Blog about them. Consider offering tips for establishing "family movie night."

**🔥 Affiliate linking opportunities:** Movies are a great affiliate linking opportunities. You can even turn this into a weekly Family Movie column for more long term results and content.

25

How safe are the cleaners you use? Household cleaners contain a number of contaminants that are bad both for your family and for the environment. For example, many air fresheners contain chemicals that actually numb your olfactory nerves. The smell doesn't go away, just your ability to smell. Blog about the hidden dangers, and the not so hidden dangers, of many household cleaners.

**🔥 Affiliate linking opportunities:** Suggest resources and books that teach people to make their own household cleaners.

26

Ten 60-second tips to declutter your home. Many people want to declutter but just feel overwhelmed by the process. Help them break it down into easy and manageable steps. Offer ten tips, that take no more than one minute, to declutter your home.

**🔥 Affiliate linking opportunities:** Timers are a great way to make cleaning fun. Link to a timer.

27

5 easy home remedies – do it yourself fix its, clean its, and make it better. Chicken soup is good for a cold, right? Zinc is too. Beer is great to soften hair and salt, ice, and a bit of lemon juice are great to remove coffee stains from the bottom of a coffee pot. Offer your readers, 5 easy home remedies for everything from beauty to cleaning and back again.

**🔥 Affiliate linking opportunities:** Recommend home made remedies book.

28

The last hurrah – one final family outing before school starts. Help your readers come up with ideas and a plan for one final family outing, a last hurrah to celebrate summer.

29

Getting ready for the upcoming school year – how to get started on the right foot. Whether your children are starting kindergarten or heading into high school, getting the year started on the right foot helps not only

## Blog Energizer

ease the transition back to school, it helps set the stage for a great year. Blog about tips and strategies to get started on the right foot.

**🔥 Affiliate linking opportunities:** Present interesting and useful tools and suggestions like laptop recommendations that students may need for the school year.

30

Creating a family tree – helping your children understand their heritage. Family trees are an amazing thing and children really do appreciate knowing where they come from. It helps them feel connected and a part of something bigger. Blog about tools, resources, and strategies to create a family tree your children will appreciate all their life.

**🔥 Affiliate linking opportunities:** Suggest memory book kits and supplies that the family can use to document what they learn about their family tree.

31

10 home security tips to keep your family safe. Do you have a fire extinguisher easily accessible on each floor of your home? Do you have a security system? Do you have a plan if there is a home emergency? Many people know they're supposed to have these things but drop the ball. Offer 10 tips to help people keep their homes and family safe.

**🔥 Affiliate linking opportunities:** Suggest a emergency planning kit or resource.