



Home & Family Topic Starters

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1

How to cope with a layoff. Unemployment is at an all time high in many places. Lay offs can be stressful and affect the entire home and family. If you have a personal experience coping with a layoff, share your experience and what you learned. Blog about tips families can use to cope with and manage this difficult time.

Affiliate opportunities: Suggest some frugal or simple living resources.

2

Managing mental illness. The numbers are staggering. According to the National Institute for Mental Health, an estimated 26.2 percent of Americans ages 18 and older, suffer from a diagnosable mental disorder in a given year. That means most of us know someone who suffers from some sort of mental illness, perhaps a family member or themselves. Blog about tips and strategies to manage when a family member suffers from a mental illness. Offer tips for staying positive.

3

Saving for college. The cost of attending college seems to be increasing at twice the rate of inflation and the average family has saved approximately \$5,000. When college costs can average around \$40,000, that five thousand dollars just isn't enough. Couple that with the fact that getting loans is more difficult with the credit crunch and many families are facing a financial struggle. Blog about how people can help their children afford college.

Affiliate opportunities: There are some pretty good resources out there for this. You could expand the post to several days and offer in depth coverage on your research. While you're researching, look to see if they offer any affiliate opportunities.

4

Hiring a financial planner. Financial planners can be a very smart move. They can help families plan for their long term care, make sure they're insured appropriately, help them save for retirement and even help them save for college. However, not all financial planners are created equal. Offer tips and strategies to find the right financial planner for your family's needs.

Affiliate opportunities: Suggest a simple book to get them started

5

Long term care 101. Do you have a plan to care for you and your family members when you're older? Medicaid isn't an option for most people and ideally, we want to be cared for in the best manner possible as our health declines. Couple that with the fact that most people just don't understand long term care and what it can do for them. Give people an introduction to long term care so they understand their options.

6

Do you have a will and trust? A will and trust is a simple document however, the majority of families just don't have them. That means when you die, what you leave behind, including debt, will go to the courts to decide. To avoid this, a simple will and trust will outline your wishes and ensure they're followed through. Blog about what a will and trust accomplishes and how to create one.

Affiliate opportunities: Offer a kit or resources for people to start one.

7

Do you have a living will? As you can see, there's a bit of a theme this month and that's taking care of your future and the future of your family. A living will dictates what you want to have happen to you should the

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unthinkable occur. Would you want to stay on life support? What lengths do you want people to go to keep you alive? Blog about what a living will is and how to create one the courts will uphold.

8

What to do when your child hates their hair cut? Everyone seems to get one bad haircut in their life and often it's during childhood. Blog about your first bad haircut or a haircut your child received and regretted. How did you help them cope and still feel confident? What lessons can children learn from this experience. Offer tips and strategies to manage this experience.

9

How to get your children to let go of their old toys. Children collect toys like crazy. Let them get away with it and they'd probably keep everything they ever owned. However, old toys need to make room for new ones. Blog about how to motivate your children to let go of their old toys. For example, they can sell them on eBay or donate them to children who are in need.

10

What to do when your child's style doesn't match your own. Mohawks, bright colored clothing, and baggy pants. Some parents can deal with their child's expressions of individuality and other's cringe and lay down the law. Blog about your own experiences with this fun stage in child development and offer tips and strategies to maneuver through it successfully.

Affiliate opportunities: There are some good books about understanding and parenting a teen. Suggest them here.

11

Should you get a family gym membership. The family that plays together stays together, right? What about the family that works out together? Gym memberships can be a great way to get the entire family physically fit and they can be great fun too. Offer tips for families to find the right gym for them and consider also offering a few tips on how to negotiate membership fees because many gyms are hurting for members.

Affiliate opportunities: Suggest a store to get good exercise gear

12

Helping your child explore their imagination. Children have an amazing capacity for imagination. Some act out the stories in their head, others draw, some sing and others write. Somewhere along the way, many children stop exploring their imagination.

They focus on school, friends, and sports all of which is fine but it's important to retain the joy you feel from expressing yourself creatively. Blog about how to foster creativity and help children explore their imagination and offer tips to help children retain their method of creative expression.

Affiliate opportunities: Offer any tools that can help them towards this. Maybe a pretty journal for girls or a guitar for both boys and girls.

13

Tips to encourage children to save money. Some children, it seems, are naturally good with money and are always able to save for things they want. Others, well...let's just say money slips through their fingers like water. As adults, we know the benefit to managing your money and being able to save. Offer parents tips to help their children learn how to save and manage money.

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For example, there are games designed to help children understand money management or a parent could help a child open a checking/savings account.

Affiliate opportunities: Recommend tools, software that help one accomplish this.

14

Setting a curfew. Do your children have a curfew? Do they have a bedtime? Blog about age appropriate curfews and bedtimes and offer ideas to enforce them.

15

Ideas for fall weekend family fun. Autumn is just around the corner and all sorts of fun things are on the horizon. Apple picking, pumpkin patches, hay rides, football games just to name a few. Blog about fun ideas for families to take advantage of as the seasons change.

Affiliate opportunities: Suggest an idea book or maybe offer them the FamilyFun magazine.

16

Mom can I get a dog? 10 ways to say no without temper tantrums. Every child, it seems, goes through a phase where they want to get a dog. For some families that's a good thing but for others dogs just don't fit into the picture. If both parents work out of the home and/or children are too young to help care for the dog then it may be too much to handle.

Also, dogs are expensive and require a lot of space and care. Blog about how parents can say no a new dog without dealing with the seemingly inevitable emotional breakdown.

20

Assigning age appropriate chores. One way to help children prepare for the responsibilities of adulthood and also the benefits of teamwork is to involve them in the household chores. Of course, not all children are capable of managing all chores. Blog about the chores your children handle and offer tips for helping parents assign age appropriate chores. Consider also offering suggestions for how to track and enforce compliance.

Affiliate opportunities: This is a good one there are so many chore charts and progress charts to offer them here. Add a little note about the chart and system you use.

21

Building confidence in your children. Confidence is an important trait to possess. With it, children can grow into adulthood with the ability to pursue their dreams and manage challenges. Without it, everything becomes just a little bit harder for them. Blog about how parents can help their children feel confident in themselves. Consider offering tips for each stage of development.

21

Teaching compassion and empathy. Seeing compassion in the eyes of a child is perhaps one of the most moving experiences. Blog about an experience you witnessed where a child was compassionate toward another and offer tips or thoughts on how parents can foster this wonderful character trait in their children.

22

Piercings and tattoos? As a parent, what's your thought on piercings and tattoos? Would you let your child have them? Why or why not?

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Ten unique home organization solutions. Blog about creative organization solutions. For example using a paper towel tube to hold plastic grocery bags.

Affiliate opportunities: This is a great post to use your affiliate links for planners, binders, boxes, drawers, crates and little gadgets that help people get organized.

24

Make ahead recipes. Make ahead recipes are ideal for busy families. Parents can cook them on the weekend and pop them in the freezer until they're ready to use them. It makes busy school nights much more manageable. Blog about your favorite make ahead recipes.

Quick and nutrition breakfast solutions. Offer your readers a few quick and nutritious breakfast solutions to make weekday mornings stress free and to send children off to school with the proper nutrition. For example, making waffles on Sunday morning, tripling the recipe and freezing them to pop in the toaster during the week.

Affiliate opportunities: Good post to suggest some cookbooks. Don't just recommend one. Suggest a few to add to their collection. Also suggest a menu planning service.

25

Tips for selling your household items. eBay, garage sales, and consignment shops are all great ways to make some cash on the stuff filling your home. Offer tips and suggestions for making the most money on household items.

26

Plants that clean the air naturally. Did you know that our indoor air is often 10 times more polluted than outdoor air? The good news is that by opening the windows and investing in a few household plants, we can quickly eliminate these indoor toxins. Blog about three to five household plants that are easy to care for and are good at cleaning the air. For example, spider plants are considered top indoor air filters.

Affiliate opportunities: Recommend a good nursery or even attractive pots that help add color to the home while you're filtering the air naturally.

27

Inexpensive Halloween costumes. Halloween is just around the corner and if you're the parent who likes to make them from scratch, then it's not too soon to get started. Additionally, you can find great costumes for sale on eBay and other auction sites but as Halloween approaches those costumes increase in price and are harder to find. It pays to start now. Blog about how parents can find great, and inexpensive, Halloween costumes.

28

After school snacks. Children are hungry when they get home from school and snacks, which are easy to prepare, are also often unhealthy. Blog about quick and easy after school snacks. For example, popcorn, apples and cheese, and smoothies.

Affiliate opportunities: A good product to recommend here is [Kid Approved Meals](#).

29

Pitching in and divvying up – how to get everyone in the family to contribute without having to nag them. Whether you have assigned chores or not, sometimes it's difficult to motivate family members to chip in. That can leave one parent doing all the work and at the end of a busy day, it can be too much. Blog about

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how parents can motivate everyone in the home to chip in to make the home a nice and relaxing place to be.

30

Helping kids overcome their fears. Everyone is afraid of something and children are no exception. Whether it's spiders, thunderstorms, public speaking or dogs. Blog about how parents can help children overcome and manage their fears.

Bonus

How to handle bullying. Bullies stink, but they exist and chances are you have your own personal bullying experience. Blog about it and share tips for parents and children to manage bullying.

Affiliate opportunities: Suggest a book that helps parents talk to kids about difficult issues.