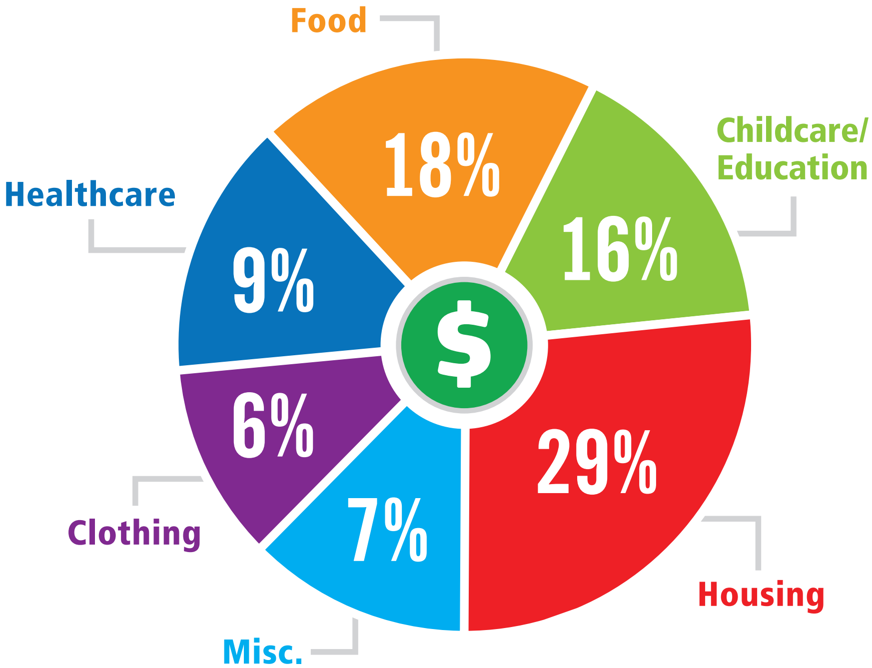
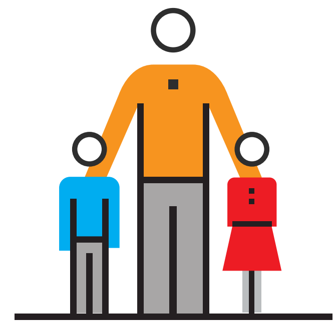
Cost of Raising a Child → $233,610



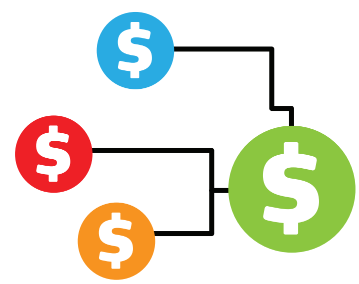
Where the child-rearing money goes

No kidding! Middle-income parents will pay $233,610 to raise a child through age 17. This doesn't include inflation or the cost of college.

Source: 2017 U.S. Department of Agriculture study



How to save along the way



There's no getting around it: Raising kids is expensive. Costs vary based on the age of your child, how much you earn and where you live. But there are ways you can save along the way:

Swap clothes and toys

Children, especially babies, outgrow their clothes at lightning speed. Reach out to other parents and suggest swapping clothes and toys.

Shop consignment stores and garage sales

Fill in the gaps with consignment stores, garage sales and local online marketplaces. When you can't rehome your kids' outgrown clothes and toys, consign them or sell them at your own garage sale.

Swap childcare services

Call on your network of parents to take turns watching each other's children. You get a night away from the kids without the expense of a babysitter—and help your friends get "me time," too.

Take advantage of kids' nights

You'll save money by cooking your meals and planning menus around what's on sale. But when you need a break from the kitchen, time your meals out. Many restaurants offer discounted or free meals for kids once a week.

Enjoy free entertainment

Explore parks, hiking trails and your library's programs. Some museums and other attractions offer free or reduced admission days. And your Dupaco membership gives you access to free or reduced admission to activities throughout the year!

Oh, baby! Time to budget

Use this worksheet to help you plan for child-rearing expenses during baby's first year.

Child-rearing expenses

Ongoing	
Childcare	$
Medical	$
Clothing	$
Diapers	$
Wipes	$
Diaper rash ointment	$
Baby shampoo	$
=Total ongoing expenses	**$**
Mealtime	
Breast pump	$
Milk storage containers	$
Nursing pillow	$
Formula	$
Bottles	$
Baby food	$
Bibs	$
Burp cloths	$
= Total mealtime expenses	**$**
Gear up	
Crib	$
Bassinet	$
Bedding	$
Sleep sacks/swaddlers	$
Infant tub	$
Hooded towels	$
Nail clippers	$
Brush	$
Baby monitor	$
Car seat	$
Stroller	$
Baby gates	$
Swing	$
Highchair	$
Changing table	$
Diaper bag	$
Toys	$
Pacifiers	$
= Total gear expenses	**$**
Misc.	
Adoption fees	$
Birth announcements	$
Baby photos	$
Other	$
=Total misc. expenses	**$**
= Total child-rearing expenses	**$**

Saving for healthcare

Does your employer offer a Flexible Spending Account for healthcare- or childcare-related expenses? Funds in these accounts can be used to pay for eligible medical, dental and childcare expenses. Plus, you aren't taxed on the earnings you deposit into an FSA, but you must spend your balance by a certain date or lose your savings.

DID YOU KNOW?

With Dupaco's You-Name-It Savings accounts, you can automatically set aside money to help you pay for parenting-related expenses. Get started in Shine Online or Mobile Banking.

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dupaco.com/parenting