



Regions Next Step Podcast

Better Budgeting: Budgeting the Decision to Stay Home

In this podcast, Donna Medina, Financial Wellness Relationship Manager for Regions Bank in Nashville, Tenn., talks about what you should consider when you're making deciding whether to stay home with your kids or remain in the workplace.

Check out the podcast to hear Donna's thoughts on these topics:

- Savings in child care costs if you stay home
- Insurance options
- How it will affect your retirement plans
- The emotional side of the decision to stay home or in the workplace

Episode Transcript

Narrator:

You're listening to the Next Step Podcast, "Budgeting the Decision to Stay Home" – part of our Better Budgeting series presented by Regions Next Step – advice, tools and resources to help you get closer to reaching your unique financial goals.

Donna Medina:

My name is Donna Medina, Financial Wellness Relationship Manager for Regions Bank in Nashville, Tennessee. In this episode, we are going to discuss the decision to stay home with kids vs. remaining in the workplace. This is a decision that can have a huge effect on both your finances and other aspects of your life. The choice to stay home or remain in the workplace can be based upon a lot of different factors, so before you make this vital decision make sure to ask yourself these 5 questions to ensure you are making the right choice for both you and your family.

The 1st question is in relation to childcare costs. How much would you be saving in childcare costs if you stay home?

Childcare can become incredibly expensive so consider how much you save on those costs if you were to stay at home versus the income you would bring in. Also, don't forget to consider additional childcare cost savings if you plan on having more children.



The 2nd matter is insurance options. Things like doctors' visits, getting new glasses, filling prescriptions or even a simple checkup can become unbelievably expensive if you don't have a good insurance plan. So, ask yourself questions like -- Is my insurance through my employer? Can I be added to my spouse's or partner's insurance if I leave my job? Before putting in your 2 weeks make sure you have checked into your insurance options to avoid being left without coverage.

Next, how will staying home affect your retirement plan? If your employer generously contributes to your 401(k) or other retirement accounts, think about how losing those contributions will affect your retirement savings. When making the decision to stay home, it is imperative to look at what you've already saved for retirement as well as how much your spouse or partner will be able to contribute while you're caring for your kids. Companies that match your contribution can be a huge help in meeting your retirement goals.

The 4th question to ask yourself is what are some of the other costs of working full time? Although working obviously brings income with it, there are also costs associated with working full time. Working full time brings with it costs such as gas or public transportation for your commute as well as buying lunch or coffee in the morning. Also, think about the costs of getting new clothes for work every year. Weigh these unexpected expenses when deciding whether to stay in the workplace or be at home with the kids.

Lastly, what's the emotional side of staying home? This decision isn't all about savings and expenses but also about the emotional side of staying home vs. working full time. Your family's finances are obviously a major concern but think also about missing adult interactions or feeling sidetracked from your career goals. This decision is a not all about the money but also how it will affect you emotionally.

Narrator:

And that concludes this Better Budgeting podcast. You can find additional information about budgeting and more online at www.regions.com/nextstep. No matter your goals – Regions will help you with each step you want to take. Thank you for listening.

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