



FINANCIAL WISDOM

- WEALTH BUILDER -

September 2026

The Adolescent Years: Are You Ready?

Have you ever thought about setting aside a little extra cash specifically for your child's teenage years? If you've got a child rapidly approaching middle school, you might want to start planning. Let's be real: adolescence is famously a rollercoaster time. It's not just the sudden surge of hormones, the eyerolls, and the emotional drama that make it turbulent. It's also the massive wave of new expenses that can completely blindside a family budget.

Looking at the Big Picture - When you map out your family's long-term financial strategy, it's important to factor in every single phase of life. We often hear about saving up for the baby years or socking away money for a university degree, but to their own detriment, many parents completely overlook just how pricey the in-between adolescent years can be.

New Milestones Mean New Expenses - Did you think the diaper and toddler years drained your bank account? Just wait until you encounter the "normal" costs of raising a teenager. It goes far beyond the basics. We're talking about a seemingly endless list of new line items:

Extracurriculars & Hobbies: Competitive sports teams, summer camps, out-of-town school trips, and costly equipment.

The Growing Basics: Skyrocketing grocery bills (because they suddenly eat like adults!) and a constant need for new clothes to keep up with their growth spurts and changing trends.

Education: Specialized tutors to help them navigate tougher high school subjects or prep for university.

The Driving Years: Driver's ed, a safe starter car, fuel, maintenance, and the brutal shock of adding a teen driver to your auto insurance policy. Even regular household expenses like electricity, water, and internet bandwidth can take a hike. It's a huge financial drain, even if it's all completely necessary for their growth and happiness.

Preparing for the Unexpected - And remember, those are just the everyday, expected expenses. That list doesn't even factor in the unexpected curveballs. What if your teen needs a little extra support to navigate these tricky years? What if they need to enroll in summer school, or require other resources to help them adjust socially or academically?

There is no crystal ball to tell what the teen years will throw at you. Plus, right on the heels of adolescence is the daunting task of launching them into adulthood. If you wait until all these expenses hit at once, you could find yourself in a tight spot.

Planning Ahead Brings Peace of Mind - Let's face it: adolescence is tough on kids, but it can be equally exhausting for parents! A solid financial strategy should embrace every phase of life, especially ones full of pricey milestones. The adolescent years are the very definition of uncertainty. As parents, we all want to provide the absolute best for our kids. If building a financial cushion today can make their turbulent teen years—and your stress levels—even just a little bit smoother tomorrow, isn't it worth it? Start planning today, and give yourself the ultimate gift of peace of mind.

Questions about Your Financial Strategy? Contact our office!

Kelly Aikens, CFP, CEA, CLU, CH.F.C.

H and A Financial Advisors - Portfolio Strategies Corporation

Ph: 306.584.2523 - <https://www.h-a-financial.ca> - info@h-a-financial.ca

Copyright © 2026 Financial Wisdom All rights reserved. (2026-09)

