



Family Support

At the St. Louis Arc, parents, siblings, significant others – all family members are welcome. We are committed to helping you connect to resources and become effective advocates for your loved ones. Whether you are looking to interact with people going through the same challenges, or in search of an activity for the entire family, the St. Louis Arc provides a lifetime of support.

The St. Louis Arc Family Workshop Series provides in-depth information on supporting a family member with an intellectual or developmental disability. Most of our workshops are free, open to everyone, and take place at the St. Louis Arc Centene Family Center or Childgarden Early Childhood Center.

Tiny Baby, Small Budget, Smart Mama

Presented Thursday, March 29

Do you know your annual budget for diapers? What about formula? Or kids clothing? Do you want to lower those expenses? At this workshop you will learn easy and practical ways to save money on all things related to raising young children, with a particular emphasis on how you can save as a St. Louis parent! You will learn how to find good quality used clothing and toys, which can easily save you hundreds of dollars each year. You will also learn how to save money on St. Louis kid-related activities like the Magic House and Zoo, and how to sell your used children's items to make the most profit.

Presenter: Sarah Luderer, Author and parent of two children at Childgarden

St. Louis Arc
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OTHER GREAT WAYS TO SAVE:

- McDonald's app
- Walmart app
- Flipp
- Groupon - discounted professional photos and Transportation museum
- Honey - tracks price history and tries various coupon codes
- Wikibuy - will scan the internet to find a better price and tries various coupon codes
- Paribus - will keep track of purchases and get you money back if price drops

ST. LOUIS MOM TIPS:

- Urban Fort - Play Cafe
- Grandma's Playroom
- Baby Wearing International
- Parenting Resources
- Mamaspace
- Hairy Elephant
- Safety Stop

TIPS TO SAVE MONEY ON DIAPERS:

- Buy your diapers at Target when they offer a giftcard with a certain purchase
- Use a Redcard to get an additional 5% off
- Ship them to your house for free
- Keep the receipt taped to the box
- Use higher quality diapers at night (Pamper's Baby Dry / Aldi's Little Journey) and cheaper ones during the day
- Stock up when they are on sale

TIPS TO SAVE MONEY ON FORMULA:

- Buy your formula at Sam's Club or Costco (non-GMO)
- If possible, buy powder formulation
- Other tips: buy store brand tylenol (for children, dye free), babysitting co-op

Diapers Rule of Thumb:

Newborn: 0.12

Size 1: 0.10

Size 2: 0.11

Size 3: 0.12

Size 4: 0.13

Size 5: 0.14

Size 6: 0.15

Wipes: Less than 0.02 each

The Right Stuff Baby

2ND HAND STUFF:

Online:

- Facebook Mommy Swap
 - St. Louis Central West End (CWE) Mommy Swap
 - West County Mommy Swap
- Facebook Marketball
- Craigslist
- Let Go
- Offer Up

In person:

- Kangaroo Kids
- St. Vincent DePaul's
- Goodwill
- Stork Lady Sales (April 12-14)
- Just Between Friends (April 6-8)
- Offer Up

WAYS TO SAVE:

Magic House

- Half price family memberships (\$180) on Cyber Monday and sometimes April 1
- Free admission every 3rd Friday of the month (Family night)

St Louis Zoo

- Free attractions in morning
(Fall-petting zoo free 9-10 am, carousel 10-11 and spring both 9-10)
- Get a Forest Park coupon book for B1G1 Free Boo at the Zoo or Wild Lights
- Zoo Cups
- Membership

Botanical Garden

- Free Saturday mornings for St. Louis city and county residents
- Children's garden is always free for children 3 and under

Transportation Museum

- Check Groupon

FREEBIES:

- Target - free fruit
- Schnucks - free cookie
- Dierbergs - free cookie
- Sam's Club - free cookie
- Ikea - 2 free kids meals with 1 adult meal on Tuesdays