

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Frugal Indoor Fun**

**By Nancy Twigg**

**Frugal Indoor Fun by Nancy Twigg**

Now that the weather is so cold, the kids can't go out and play for long periods like they can in the summer. This means more hours to fill with fun indoor activities. Although the temptation may be to entertain the family by spending money (going to the mall, renting movies, visiting a fast food restaurant or arcade), there are ways to keep the kids busy without draining your pocketbook. Here is a list of indoor activity ideas that are all either completely free or cost very little.

\* Spend an afternoon writing letters or making homemade cards to send to out-of-state relatives. Let the kids make drawings, finger paint portraits, or collages to send to Grandma and Grandpa to adorn their refrigerator.

\* Help the kids make up skits or act out stories to perform for Dad when he gets home from work.

Along those same

lines, help the children put together a family talent show in which they sing, dance or do magic tricks. For added fun, use a camcorder to record the performances to watch later. The children will love seeing themselves on TV.

\* Pull out the teapot and teacups and hold an afternoon tea party. Along with your tea, serve finger sandwiches and cookies. If your children are too young for tea, serve heated lemonade or hot chocolate.

\* On a cold afternoon, spread a blanket on the den floor and have an indoor picnic. Eat the same kinds of picnic foods you would in the summer.

\* Go camping indoors. Pitch a tent in the living room and let the kids pretend that they are on a camping trip. Pull out the sleeping bags and they can take naps in the tent or even sleep the whole night there. Let them invite friends over for an indoor camping sleepover.

\* Get the whole family together to work a giant jigsaw puzzle together. Be sure to have plenty of popcorn on hand for snacking.

\* Provide the kids with fruits, vegetables and snack foods cut in a variety of shapes and sizes. Ask the kids to use the different shapes to create their own edible artwork. The only rule is that they have to eat whatever they put on their plates. Be sure to take pictures of their creations before they eat them.

\* Almost all kids enjoy playing dress-up. Gather up all the outdated clothes, gaudy jewelry, weird hats and bright makeup you can find and let the kids go for it! Be sure to take pictures.

## Frugal Indoor Fun

\* Pull out those board games or card games. When's the last time the family enjoyed a friendly game of Scrabble or Monopoly? Turn off the TV and enjoy some family together time as you enjoy some friendly competition.

\* Speaking of cards, why not use those playing cards to build card houses? Compete to see who can build the tallest card condominium.

\* Rather than renting movies from the video store, borrow videos from friends. In return, offer to lend them any videos you own. Be sure to return them promptly when you're done.

Nancy Twigg is the editor of Counting the Cost, a freeemail newsletter about simple and frugal living([www.countingthecost.com/index1.htm](http://www.countingthecost.com/index1.htm)). For more creativemoney–saving ideas, visit Nancy's

newest website,[www.CreativeFrugality.com](http://www.CreativeFrugality.com)

### **Book Review: "Frugal Living for Dummies"**

**By Deborah Shelton**

### **Book Review: "Frugal Living for Dummies" by Deborah Shelton**

Publishing Guidelines: Feel free to publish the following article in its entirety in your ezine, website, or print newsletter. The resource box must be included with an active link. Please send a courtesy copy of the publication in which the article appears to:  
[deborah@fiveminuteparent.com](mailto:deborah@fiveminuteparent.com) Word wrap to 60, (220 words)

Book Review: "Frugal Living for Dummies"  
Reviewed by Deborah Shelton

"Frugal Living for Dummies"  
by Deborah Taylor–Hough  
Publisher: Wiley Publishing, Inc.  
ISBN: 0–7645–5403–4  
Price: \$16.99 US

Whatever your reason for wanting to save money (job loss, suddenly single–income, another child on the way, rising college tuition costs), arm yourself with Frugal Living for Dummies for super saving success.

This book details so much more than coupon–clipping. Some of the chapter topics include ideas for frugal family fun, thrifty cooking tips, ways to cut utility bills, setting a

budget and lots of inexpensive gift ideas. And that's just the beginning! Frugal Living also provides icons in the margins that alert readers to important reminders, tips, super savers, special warnings, great ideas and handy checklists.

Each section is jam-packed with cost-cutting ideas for baby showers, back-to-school needs, dinner parties, gift giving, auto maintenance, home cleaning, dining out, laundry, family trips.... Basically, Deborah Taylor-Hough offers money-saving solutions for every aspect of your life.

Frugal Living for Dummies is an essential reference for your family collection. This book will make a practical and thoughtful gift for young couples just starting their lives together, college students on their own for the first time, single-income families, new parents, and anyone who needs

proven ways for cutting costs while keeping their sanity.

A must-have guidebook for the novice penny pincher as well as the seasoned dollar stretcher.

About the Reviewer: Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family-friendly ideas: <http://www.fiveminuteparent.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**