

K-STATE RESEARCH & EXTENSION

4-H BRINGS FAMILIES TOGETHER

4-H gives families a way to grow together. Families who plan, share, and work together develop a sense of unity — a feeling of being a productive team.

When you are a 4-H family team, you have opportunities to recognize and expand the strengths, talents and skills of each family member, which contributes to increased feelings of self-worth.

Self-esteem is crucial to the healthy development of young people, as well as to the healthy functioning of families. You will find a place to develop these skills and feelings in 4-H.

Some leadership roles available to parents in 4-H club work are:

- Parents' Committee Members
- New Family Coordinators
- Project Leaders
- Organizational Leaders
- Helpers



Protected Under
18 U.S.C. 707

WHEN YOUR CHILDREN JOIN 4-H

A rewarding relationship is established between you and your child, and other children and adults in your community when your children join 4-H. Members attend meetings in or near their neighborhood and plan their own individual program in learn-by-doing projects. They also work cooperatively with others to plan programs in learn-by-doing group settings.

The four H's stand for Head, Heart, Hands, Health, representing a commitment to the well-rounded development of each member.

4-H IS. . .

- a commitment by parents to become involved in their children's lives during a critical time of growth in understanding themselves and the world they live in.
- a commitment by youth to become involved in assisting their own growth and understanding of themselves, their families and their work.
- a commitment by the community, through the Extension system, to assist parents and youth (families) while they grow individually and together in understanding themselves and their world.

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