

THE ABC'S OF 4-H

Marais des Cygnes District New Family Newsletter

Issue #1

Welcome to the Marais des Cygnes District 4-H Program! To help you learn more about 4-H in our district you will be receiving three issues of the ABCs of 4-H, the Marais des Cygnes District New Family Newsletter. This newsletter is designed to tell you more about 4-H, 4-H activities and events in the District so that you and your family can take advantage of the many 4-H opportunities. Please feel free to contact either office with any questions you may have.

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Marais des Cygnes District, Extension Agents, 4-H & Youth

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What is 4-H?

While 4-H had its beginnings in rural America, it now serves youth in urban and suburban as well as rural communities. Kansas 4-H is open to youth between the ages of 7 and 19. The new 4-H year starts in October, so many prefer to join 4-H at the start of the school year. 4-H enrollment, however, is open until May 1, so youth can join until May 1 if they have reached 7 by January 1st.

For youth who are age 5 or 6 by January 1st of the current year, the Marais des Cygnes District 4-H has the Cloverbud Program. Cloverbuds/Sunshine Makers participate in learning activities. For more information on the district Cloverbud program, contact Karla at the Paola Office, Abbie at the Mound City Office or your local club leader.

4-H is a nationwide program led by state land-grant universities in cooperation with local county/district Extension councils. In Kansas, 4-H is the largest youth educational program, aside from public schools.

The Four H's Represent:

Head-critical thinking, problem solving.
Heart-self-discipline, integrity, communication.
Hands-serving others.
Health-choosing healthy lifestyles

"When I think of 4-H, I think of the adult leaders who have given their time for our club. Their devoted example and involvement in our lives has taught me what it means to care, to be committed, to be community-minded and to be creative. 4-H affected my life because it taught me how to be part of other people's lives--it provided wonderful opportunities to meet and know people in my community, county and state."

- Quote by a 4-H member

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What is the Parent's Role in 4-H?

4-H is really a **family program**. Parents and family are important in 4-H. 4-H members are also helped by volunteer leaders who teach the boys and girls, organize the club, and help officers at meetings.

4-H parents are a very important part of the 4-H members' experience. Parents are encouraged to attend club meetings, project meetings and county events with their children. Parents are also encouraged to volunteer to help with club project meetings or club activities whenever possible. Children need their parents to support their commitment to 4-H, the decisions they make and the goals they set.

Encourage your child to take an active role in the club. Help him or her set priorities about activities and events by scheduling time wisely. Encourage him or her to follow through with commitments by attending meetings and completing tasks.

Let your child know you're interested in his or her 4-H experiences. Be available when your child needs you for information, guidance and support. Praise your child's efforts and progress on projects or other experiences. Comment on what's being learned instead of putting all the emphasis on winning.

Help your child learn that *"doing your best"* "is more important than *"being the best"*. Whenever possible, volunteer your time and talents to lead or assist with meetings or other club or county activities. Work with other 4-H parents and adults to make sure 4-H policies and procedures are reflecting what's best for the youth.

Support the efforts to emphasize and promote the educational value of 4-H events and activities.

Let 4-H leaders and other volunteers know you are appreciative of the time and effort they are contributing.

4-H Enrollment

Online: <https://ks.4honline.com>
New members have until May 1
or by livestock tag-in dates to
enroll whichever comes first.

Projects

In 4-H, youth "learn by doing." Much of that learning happens through project experiences. From beef to bicycles...electricity to entomology...forestry to food science...photography to plant science...rabbits to rockets...Kansas 4-H offers 29 project areas designed to develop the wide range of interests that appeal to today's young people. In addition to subject-matter skills, many young people develop interests that last a lifetime.

4-H members sign up for projects when they enroll. These projects are for the 4-H year. The 4-H year begins October 1st and runs through September of the following year. During the first year in 4-H, members are encouraged to only take 1 or 2 projects and then increase if the members and their parents feel that they have the time and interest in other projects.

4-H members have the chance to add or drop projects until May 1st. You must login to your account on 4-H Online to add or drop a project before the May 1st deadline. Members cannot show at the fair in projects that they are not enrolled in by May 1st.

How do 4-Hers get help with their projects?

In 4-H, we have volunteers to help 4-Hers with their projects called project leaders. These project leaders exist at the club level or the county level (county-wide project leaders). Hopefully project leaders will hold meeting for you to learn more about the project or at the very least be available to help answer questions you may have about that project.

There are also manuals/curriculum available for your projects. Some of these have a cost, but usually last several years. Each project has different needs, so there are different types of curriculum for them.

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