

## **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 (Club Leader)**
- ★ **Helpers**

**You Will Be a Big Help to Your Child If You:**

- Attend parent meetings to help focus the direction of the group.
- Complete the Parent Interest Inventory form to identify areas of interest or skills you wish to offer.
- Attend club meeting regularly with your 4-Her in order to get to know the other families in your 4-H group and to promote the family unit.
- Help your 4-Her choose projects that fit your family's time schedule and material resources.
- Help your 4-Her keep records of work accomplished.
- Counsel and encourage your 4-Her in both project and club involvement by talking together about the 4-H experience. In this way you can discover how to make 4-H more satisfying as well as what things are rewarding and should be continued. Talking together builds your relationship, too.

**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.
- ◆ a commitment by the community, through the Extension system, to assist parents and youth while they grow individually and together in understanding themselves and their world.