

Parents can help. Children who are successful in 4-H have the interest and support of their parents. Here are ways you can help.

- Learn a little about 4-H and how it works. Help your girl or boy select a project that is fun and realistic.
- See that projects and activities are completed.
- Help your child, but don't do the project for him or her.
- Encourage your son or daughter in disappointments and in successes. Help your child see progress and what was learned, not just the end result.
- Help him or her be a good sport and appreciate the success of others.
- Provide transportation to meetings and events, or have meetings in your home. Providing refreshments also helps.
- Attend special 4-H activities and events for parents.
- Help your 4-H member take part in other events, such as fairs, shows, or camp.
- Get acquainted with local 4-H leaders. Let them know you appreciate their efforts.
- Volunteer to help with 4-H meetings and events.

## Quotes from Leaders

*"Everything we do in our club builds self-esteem. We provide opportunities to succeed, learn, and feel good about ourselves."*

*"Family involvement is a big plus. Appreciating each talent for what it is and helping each person achieve goals relieves much of the stress for kids today."*

*"We have great parent involvement. In four years as a leader, I have seen the parents grow more than the members have."*



# How You Can Help Your Child in 4-H

WASHINGTON STATE UNIVERSITY  
  
 4-H Youth Development Program 

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We're glad to have your child in 4-H and we hope you'll make 4-H a family activity. If you have questions about 4-H at any time during your child's involvement in the program, visit with your local 4-H leaders or WSU Extension staff. 4-H is a volunteer youth development program. There are over 7.5 million members in the U.S., and 80 other countries have 4-H or groups modeled on 4-H.

4-H helps boys and girls gain self-esteem and self-confidence, knowledge, skills, and leadership. The four H's stand for head, heart, hands, and health. Your child will grow as an individual in 4-H, making new friends, having fun, and learning to help others. He or she will also develop self-confidence and pride, explore projects of special interest, and be recognized for growth and achievement.

Learning by doing. This is the heart of the 4-H program. Rather than merely reading about things or watching others do them, boys and girls do things themselves. They compare things and decide which is best.



They make things and show others what they learned.

4-H members choose their own projects or activities. The type of project and how difficult it is depends on the abilities and interests of the child. There are many topics to choose from. Aerospace, animal sciences, robotics, theatre arts, and gardening are just a few examples. 4-H supports your child's creativity, with guidance from you and 4-H leaders.

Other types of activities open to your daughter or son include giving a talk or demonstration, attending special project meetings or workshops, entering contests, or going to achievement days, the county fair, or camp.

4-H leaders are volunteers from your own community. They are adults who have a particular interest in helping young people.

Your child will go to regular 4-H meetings. Leaders see that everyone has a chance to learn and take part in the meetings. They make sure that all members feel comfortable in the group. Leaders expect each child to do his or her personal best, but do not demand that all the children be at the same level.

Leaders also keep the program growing along with the young people. Beginning projects may be very simple. As members master basic skills, leaders introduce new and more advanced ones.

The project your child chooses will determine the cost to the family. Most projects are inexpensive. Some require materials to get started, such as fabric or craft supplies. A few projects are expensive, such as raising a beef steer or buying a robotics kit. But, the financial commitment is your family decision.

Read your child's project manual and talk with the 4-H leader or Extension staff if you have questions about the costs of projects.

The 4-H program is a combined effort of many people. Faculty and staff members from Washington State University, in the county Extension offices, and at the state level, give professional leadership. Volunteer leaders from local communities donate their time and talent.

Financial support comes from county government through the county commissioners, state government through WSU, and the federal government through the U.S. Department of Agriculture. Private businesses and foundations also provide a great deal of financial support.