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
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.

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.

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