

4-H Brings Families Together

4-H gives families a way to grow and work together. Through shared experiences, families can recognize and build on each member's strengths, skills, and talents while developing confidence, teamwork, communication, and leadership. Working together as a 4-H family can also help families build a stronger sense of connection and pride in what they accomplish together.

Parents play an important role in supporting their family's 4-H experience. There are many ways to get involved, whether you have a lot of time or just a little. Parents can serve as committee members, new family coordinators, project leaders, organizational leaders, or helpers. These roles provide opportunities to support youth, strengthen the club, and help create a positive 4-H experience for all families.

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WHAT IS 4-H?

4-H is a community of young people across America engaged in learning leadership, citizenship, and life skills.

Youth grow through:

- Exploring projects and building new skills
- Connecting with caring adults and other youth
- Learning by doing and working as a team
- Serving their communities
- Taking on leadership opportunities

4-H Is a Team Effort

Youth take an active role in their own growth by exploring interests, building skills, and discovering who they are. Parents support and encourage youth as they learn, grow, and become more involved in their community. Communities provide opportunities, resources, and caring adults through the Extension system.

What Does 4-H Look Like?

When a child joins 4-H, they become part of a community where they:

- Attend club meetings
- Choose projects based on their interests
- Participate in hands-on activities
- Work with others to plan and accomplish goals
- Build confidence, relationships, and leadership skills

4-H Basics

The four H's—Head, Heart, Hands, and Health—represent the well-rounded development of every 4-H member.

Who can join?

- Kansas youth ages 7–18
- Cloverbuds ages 5–6
- 4-H age is based on the child's age before January 1 of the current year

For a \$15 annual enrollment fee, youth (excluding Cloverbuds) have access to opportunities at the local, regional, and state levels.

4-H helps youth develop:

- Positive self-concept
- Curiosity and critical thinking
- Community connection
- Healthy relationships
- Decision-making skills
- Sound decision-making skills