



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
- Helpers

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WHAT IS 4-H?

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.

4-H is a commitment by youth to become involved in assisting their own growth and understanding of themselves, their families, and their work.

4-H is 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.

WHEN YOUR CHILDREN JOIN 4-H

A rewarding relationship is established between you, 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.

BASIC INFORMATION

The four H's stand for **Head, Heart, Hands, and Health**. These represent a commitment to the well-rounded development of each member.

4-H is open to all youth who are residents of Kansas and between the ages of 7 and 18. A member's 4-H age is defined by the age the child is before January 1 of the current 4-H year. A special Cloverbud program is available for children ages 5-6.

With a \$15 annual program enrollment fee, each child will have access to a wide array of development opportunities at the local, regional, and state level.

Kansas 4-H focuses on the development of these five life skills: a positive self-concept, an inquiring mind, a concern for the community, healthy interpersonal relationships, and sound decision making.

www.centrankansas.k-state.edu/4-h