



4-H — A Family Affair

News for New 4-H Families

Issue 1

To the Parents of a New 4-H Member

Welcome to 4-H!

As a parent of a first year 4-H'er, you and your 4-H'er are receiving 4-H— A Family Affair. It will help answer your questions. Please read and share the “Dear 4-H Member” pages with your child.

Your 4-H'er is beginning an exciting adventure. Parents can share in the excitement by playing an important role in making the child's experiences the best possible. That is why we refer to 4-H as a “family affair”.

The 4-H program is a part of the Iowa State University Extension Service. You will receive more information from the Extension Office through newsletters and other mailings. If you would like to talk personally with Extension staff, please feel free to call or stop in the Extension Office. We are here to answer your questions and help you find information on almost any topic of interest to you or your 4-H'er. Check out our website <http://www.extension.iastate.edu/boone/kidsteens.htm> or the Iowa 4-H website <http://www.extension.iastate.edu/4H/> for more information about 4-H.

Sincerely,

County Extension Education Director

County Youth Coordinator



Enrolling in 4-H

4-H'ers need to complete a 4-H enrollment form, a Medical/Release form and pay the \$20 program fee (financial assistance is available upon request) each fall. Members usually do this at a club meeting. Work with your 4-H'er to select project areas that keep his/her and the family's interests in mind. We recommend that first year 4-H'ers select 1 to 3 projects. There are more than 50 project areas described in the 4-H Pick-a-Project newsprint. As interests change during the year, your 4-H'er may add or drop projects by contacting the Extension Office. Youth must be enrolled by May 1st to exhibit at that summer's county fair.

Why 4-H Projects?

4-H projects allow members to “learn-by-doing”.

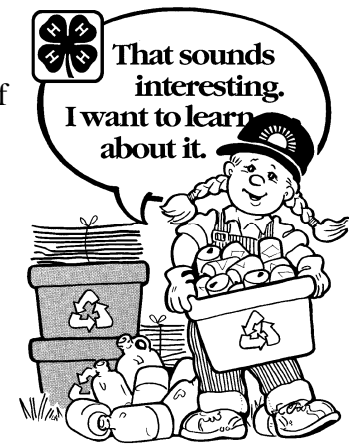
Projects are teaching tools 4-H'ers use to develop skills they will use for a life time. Project work helps youth develop their full potential through goal setting, decision-making, record keeping, and evaluation. The basic objective of 4-H, the development of a young person into a self-directing adult, is more important than the project work completed and exhibits completed for fair. Project work is individual to the 4-H'er. The best source of activities and ideas are the 4-H project manuals/workbooks available for each project area. These are ordered on the enrollment form or may be purchased at the Extension Office. During the year, there may be county workshops to help with some project areas.



4-H Meetings

4-H clubs usually meet on a monthly basis in the homes of the members or public meeting rooms in the community. The club prepares an early program of events and responsibilities each fall. Parents are welcome at club meetings and other 4-H gatherings. By attending meetings you become familiar with your child's 4-H work. Club meetings help your 4-H'er learn to:

- * Participate in group meetings,
- * Serve as an officer or in a leadership role,
- * Learn life skills,
- * Develop friendships, and
- * Learn from others.



4-H groups need favorable attitudes, interest, and active cooperation from parents. Young people gain the most from 4-H when parents support and encourage them. They learn the least when parents try to do all the work for them.

How do parents fit in?

1. Be aware of your child's project goals and club expectations.
2. Hold 4-H meetings in your home or help the host or hostess at another location.
3. Help your 4-H'er select, finance, and manage his/her projects.
4. Encourage your 4-H'er to record what has been done and learned in his/her record book.
5. Attend club meetings and events.
6. Share your special talents or interests with the club by volunteering to help members interested in project areas in which you are competent.
7. Volunteer to help leaders with tasks or to become an assistant or project leader.
8. Help transport your child and other members to meetings and events.
9. Encourage your child to finish what is started and to evaluate what they have learned .
10. Encourage other children and families in the community to participate in 4-H.
11. Ask questions of the leaders or Extension staff when you don't understand.
12. **Encourage, praise, and guide your children.**

A Special Pledge for 4-H Parents

Your child is memorizing and learning to recite the 4-H pledge. The special pledge below is for parents. It clearly says how important you can be to your child's growth.

I pledge my Head to give my child the information I can, to help him or her see things clearly and to make wise decisions.

I pledge my Heart to encourage and support my child no matter whether he or she has successes or disappointments.

I pledge my Hands to help my child's club; if I can not be a leader, I will help in many equally important ways.

I pledge my Health to keep my child strong and well for a better world through 4-H , for my child's club, our community, our country, and our world.

4-H is a **community**
of **young**
people
across America
who are learning
leadership,
citizenship and
life skills.

Dear 4-H Member

Welcome to 4-H!

By now you have joined the 4-H club of your choice, completed an enrollment form, and selected the projects you want to work on this year. Now it's time to get started on this new adventure called 4-H! Check out our website <http://www.extension.iastate.edu/boone/kidsteens.htm> or the Iowa 4-H website <http://www.extension.iastate.edu/4H/>

First Things First

Some things you will want to learn right away are:

- * The 4-H Pledge (see the last page of this newsletter)
- * Your Club name and leaders' names
- * Where the Iowa State University Extension Office is (603 Story Street under the Dutch Oven Bakery in Boone) much information is there to help you with your 4-H work.

Making 4-H Meaningful to You

To make your 4-H experiences the best they can be, you should:

1. Attend local club meetings and club events regularly.
2. Enroll in and complete at least one 4-H project each year.
3. Keep records of your 4-H experiences in your record book.
4. Volunteer to help with activities your club is doing.
5. Host club meetings as planned in the club program.
6. Give presentations as scheduled in the club program.
7. Attend county wide 4-H activities and events such as project workshops, awards event, camps, county fair, etc.
8. Serve as a club officer when elected.
9. Participate in events and activities beyond the county level as you choose.

Learning-by-Doing

The best way to learn is by doing things yourself. You can learn by participating in 4-H events and activities and by working on projects. Use the project manuals you receive from your leader or request from the Extension office. They have suggestions of things you can do by yourself or with others. Work on your projects all year long by doing many different things. Share what you learn with others.

Helpful Hints for Members

Getting organized is sometimes difficult as you are getting started in 4-H. Try these tips for a smoother start.

1. Get a box to hold your records, club program, project manuals, and items you get at meetings so you will always know where to find them.
2. Read your county 4-H newsletter when it arrives. Highlight the items you need to do or want to ask about at your meeting. Take notes at your club meetings.
3. Keep a calendar for your 4-H events and activities. Post it where you and other family members will see what is coming up.
4. Write your goals (what you want to do) for your projects early in the year. Work to reach them all year long.
5. Use your calendar or a list to make notes of all the things you do related to 4-H.
6. Once a month use your calendar or list to write what you have done in your 4-H recordbook. It makes finishing up your records much easier at the end of the year.



4-H Motto

To make the best better.

4-H Slogan

To win without bragging
and to lose without
squealing.

4-H Colors

Green symbolizes nature's most
common color and represents life,
spring time and youth. White
symbolizes purity.

4-H Uniform

There is no 4-H uniform. You may wear green
and white to 4-H events and activities such
as educational presentations, contests, and
other county wide events. At the Extension
Office you can buy a 4-H T-shirt or 4-H chev-
ron to attach it over the left chest area of a
shirt or blouse.

*The four leaf clover with the white H's on the leaves of the clover is the official 4-H symbol.
Wear and use it proudly as you follow the words of the 4-H pledge.*



4-H Pledge

I pledge:

My HEAD to clearer thinking.
My HEART to greater loyalty.
My HANDS for larger service.
My HEALTH to better living.

For my club, my community, my
country, and my world.

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