



March Tips for 4-H Parents

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<http://cekings.ucanr.edu/>

A good youth program provides participants with Four Essential Elements of Youth Development. Be on the lookout for these developing in your child.

BELONGING

Youth need to know they are cared about by others and feel a sense of connection to others in the group. Current research emphasizes the importance for youth to have opportunities for long-term consistent relationships with adults other than parents.

4-H gives youth the opportunity to feel physically and emotionally safe while actively participating in a group by:

- ◆ affiliating with local programs, clubs and projects.
- ◆ forming short and long term relationships with adults, peers and youth of different ages.
- ◆ being a member or participant of a recognized group in the community.

MASTERY

Youth need to feel and believe they are capable and they must experience success at solving problems and meeting challenges to develop their self-confidence.

Through 4-H projects and activities, youth master skills to make positive life choices by:

- ◆ learning by doing through experiential education;
- ◆ concentrating on topics and projects of interest to them over multiple years ;
- ◆ developing a wide range of "life skills" such as teamwork, problem-solving, planning/organizing, record keeping, goal setting, financial management and other marketable skills

INDEPENDENCE

In order to develop their self-confidence, youth need to feel and believe that they are capable and they must experience success at solving problems and meeting challenges. They need to know that they are able to influence people and events through decision making and action.

Through 4-H leadership development opportunities, youth mature in self-discipline and responsibility and become independent thinkers by:

- ◆ practicing decision making through participation as a club or unit member;
- ◆ assuming the responsibility of a club officer;
- ◆ providing leadership through participation as a Junior or Teen Leader, or as a committee member.
- ◆ learning to accept responsibilities and to exercise self-discipline and self-control in fulfilling obligations.

GENEROSITY

Youth need to feel their lives have meaning and purpose and that they do not live in a secluded world which requires awareness and compassion for others.

4-H projects and activities allow 4-H members to see that their effort to help others is important and valuable by:

- ◆ connecting to their community and feeling a part of something larger than themselves;
- ◆ sharing time and other resources with others;
- ◆ learning to accept differences, resolve conflict and empathize with others.

UPCOMING EVENTS

March 29—4-H Dog Show April 3-5—4-H Fair April 26-Sectional Presentation Day April 27—4-H Rifle Match