



Dear Parent/Guardian,

Welcome to Nassau County 4-H! We're glad to have your child involved and we'd like to invite you and your family to become a 4-H family. Picnics, fairs, camps, shows, and county-wide events are designed for family participation. We hope you enjoy your participation in 4-H, just as much as your child will!

### **What is 4-H?**

4-H is the youth development program of the University of Florida. The program fosters citizenship and leadership as well as growth through a variety of learning experiences. As a 4-H member, your child will participate in a variety of ways. 4-H'ers "learn by doing" through involvement in projects, clubs, workshops, camps, and more. 4-H members make new friends and learn to work and play with other young people and with adults. They develop self-confidence by speaking before groups and by receiving recognition for their achievements.

### **What is a 4-H club?**

Boys and girls from 5 to 18 years of age meet to plan and direct their own programs under the leadership of caring adults. They may belong to an organized club, participate in a school enrichment or after-school program, or study alone with a parent or other adult (independent 4-H'er). Clubs meet on a regular basis, at least once a month, sometimes more.

### **What is a 4-H project?**

The projects are tools used in teaching responsibility, developing appreciation, creating initiative, and helping 4-H members learn the process of decision-making. Working on a 4-H project enables a 4-H'er to learn about a variety of subjects or to develop a skill. A 4-H member may choose from over 150 projects, including gardening, sewing, pet care, rocketry, insects, careers, wildlife, livestock, horses, food and nutrition, and child care. 4-H members usually sign up for one or more projects each year. Some clubs choose to have all members work on the same project throughout the year.

### **Who helps your child?**

Adult (and teen) volunteers or family members assist and guide 4-H members as they work on projects and participate in various activities. The leader teaches 4-H'ers how to think—not what to think. All 4-H club leaders are background screened according to the University of Florida's requirements.

### **What can parents do?**

Your child needs your interest and support, as he/she becomes an active 4-H'er. Parental involvement can help ensure the best learning experience for your child. You can help by:

- *Sharing* — Take an interest in your child's 4-H projects and activities. Listen, look and offer suggestions, but don't take over. Learning by doing is the 4-H way. A child learns by his or her mistakes and successes.

- *Preparing* — Help your child understand the value of projects and presentations done well and on time. Help your child understand the importance of following through.
- *Being There* — Your child will gain more from 4-H by regular attendance at club meetings and involvement in 4-H activities. Attend meetings with them. Get to know the 4-H leader. Lend a hand whenever you can. Your help can range from providing transportation to refreshments.
- *Volunteer to be a 4-H leader* – We are always looking for new club leaders and new volunteers to assist with our program. You have knowledge and skills that will strengthen the 4-H program! Ask your 4-H agent how you can get more involved.

#### **4-H Gets Results**

A national 4-H alumni study found that 4-H, more than any other youth organization, helped youth develop public speaking and presentation skills. 4-H alumni also were identified as more actively involved in their communities as adults.

Children grow and develop rapidly. As parents, you want to make the most of these years and ensure that your children are involved in activities that will help them learn life skills. The 4-H experience can provide knowledge and help “*make the best better*” throughout your child's life.

Sincerely,

*Kristen Poppell*

Kristen Poppell  
4-H Extension Agent

