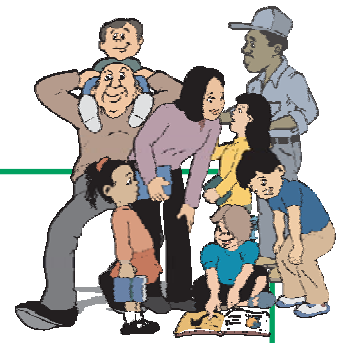




4-H FOR FAMILIES



“4-H PROVIDES ENJOYABLE TIME TOGETHER”

Issue Four

We often hear comments like, “I just don’t have enough time to get everything done. I feel I don’t get to spend enough time with my family.” According to research conducted by Nick Stinnett John DeFrain, spending time together is one of the six characteristics identified in strong families. When referring to the characteristics of spending time together, there are several things to consider:

- Quality time in great quantity,
- Enjoying each other’s company,
- Simple good times, and
- Sharing fun times.

Spending time with your family every day, not just every once in a while, is important. Being around to support each other every day, not just when a big school assignment is due or at the championship game, is important.

Sharing good times and fun times such as an accomplishment made by a family member or a birthday are special times for the family to celebrate.

In our daily lives, there is much we can engage in to spend time together. Families involved in the 4-H program realize that when they are enrolled in 4-H, they are going to be spending time together as a family.

4-H focuses on “life skills.” A skill for life is managing time and including the things that are important to us and help us become productive individuals.

How can you use 4-H as a tool in spending time together with your family? You are probably familiar with

the saying “4-H is a Family Affair.” What does that mean? Mom and dad do your projects? No, it means that when you spend time working together to accomplish a goal you set for your project, you often have opportunities to include your family. This could mean researching your family history with your grandmother or learning how to fish with your grandfather. It may mean learning all about working on small engines with your next door neighbor or learning about quality assurance practices in livestock from your father. Since your family is so busy, it may mean focusing on meal preparation with your brothers and sisters as you take turns preparing a family meal. It is the things we learn in every project that often allow us to spend time together.

Ideas for families in 4-H that can encourage family time together:

- Have every family member enroll in the same project so you can research and learn together.
- If family members are in various projects, have them pick a project that their sibling is not enrolled in and teach them something about the project.
- Volunteer as a family to do work on a community service project with everyone working together to reach the goal of the project.
- Pick a project that your family is interested in learning more about and enroll in that project for a year.
- Support and encourage one another throughout the 4-H year. Show that you care about what your family is doing together and value the time shared.

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY