



Welcome to Laramie County 4-H!

A guide for new 4-H members and parents to the 2026-2027 4-H Year.

We are pleased you are interested in joining 4-H! 4-H is open to all youth age 8-18 and the Cloverbud program is for youth age 5-7. We hope that this booklet will answer questions you may have and help you understand the 4-H program. We understand that the 4-H program is big and can be overwhelming your first year, please contact us to ask questions or request help.

What a New 4-H Family Needs to Know

What is 4-H?

4-H is the largest out of school youth organization in the United States with over 7 million youth members.

The purpose of 4-H is to help youth acquire knowledge, develop life skills, and form attitudes that will enable them to become self-directing, productive members of society.

There are Extension staff responsible for 4-H programs in every county in Wyoming. Whether you live in a city or rural area, there's something for you in 4-H.

Members learn life skills, make new friends, enhance self-esteem, achieve personal goals, develop positive relationships with peers and volunteers, and have fun learning and sharing as a family and a club.

What is a 4-H project?

A topic that a member chooses to work on in a 4-H club. A 4-H project is something a member learns to do with the help of leaders and parents.

Some facts about 4-H

4-H Emblem - A green four-leaf clover, with a white 'H' on each leaflet

4-H Colors - Green and White

4-H Pledge (Members say it while saluting the 4-H flag)

I Pledge

My Head to clearer thinking,

My Heart to greater loyalty,

My Hands to larger service,

And My Health to better living,

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

4-H Motto - To Make the Best Better

4-H Slogan - Learn by Doing

4-H is worldwide with about 10 million members!

Important Information

My club name is:

It meets:

My club leaders are:

Name & Phone Number

Name & Phone Number

Members of my 4-H club or projects leaders are:

Name & Phone/Email

Laramie County 4-H

1400 East College Dr.
Pathfinder Building, 406
Cheyenne, WY 82007
Phone: (307) 633-4383

Email: raustin5@uwyo.edu
bmckinzi@uwyo.edu

<https://wyoextension.org/laramiecounty/4h-youth-development/>

"The University of Wyoming and the United State Department of Agriculture cooperate. The University is an equal opportunity/affirmative action institution."

Enrollment

Here is your login homepage

<https://4h.zsuite.org/>

Please follow the steps below.

- Choose “Sign Up”
- Fill out requested information to create the parent/guardian account
- Do not forget to create the Primary Profile Access PIN. This PIN will lock the main household profile to guarantee no youth can make incorrect changes.
- Choose “Lets Go”
- You will now be looking at your household Dashboard.
- Choose “Edit” on the bottom left corner of the white box that lists the primary adult’s name.
- Choose “+ Household Member”
- Fill out youth’s name, and choose the role of “Club Member”, don’t forget youth’s birthday
- Choose “Continue”
- Required fields have an asterisk but please fill out all information that you are able to.
- Once you click “Next” you will reach all of the waivers. All waivers must be signed with adult and youth name indicating understanding.
- The Health form is VERY important. Please be as accurate as possible. Please put none or N/A if a field does not apply.
- Each member **MUST** be associated with a club. It is very important to research the clubs to see which one works best with your schedule and needs. This is especially true for NEW members. The list of clubs is attached; **please call a few and choose one before you being the online process.**
- Select your club from the drop down and click “Add Club”
- Click the green “Add Project” in the club box, and use the dropdown to select the correct project then click, “Add Project” repeat this process for all projects.
- Click “Submit” after you have completed the enrollment.
- You will be able to enroll all youth before paying. When you are ready to pay please click “Pay for Enrollments” if you would like to pay online.
- You can access and update your online profile at any time. You can start the process and finish it later. If you switch clubs within the year, you can go update that. You can add or drop project areas at your convenience. This program is user friendly.

Fee Information for 2023-2024

The enrollment fee (not including shooting sports) will be \$10/4-H member. Volunteer enrollments have no fee. 4-H Enrollment may be paid online when you register or at the Extension Office.

Shooting sports are \$10/youth/discipline. (i.e. Johnny wants to do rifle and shotgun=\$20) This is in addition to the \$10 enrollment fee. (i.e. Johnny \$10 enrollment + \$20 shooting fees = \$30 total for 4-H). SHOOTING FEES WILL NOT BE REFUNDED. Shooting Sports fees must be paid to the Extension Office.

Once you submit your online application (Submit) you will be a Pending Member. We have to go into the system and make sure everything is completed that we need. We may call or email you about additional information. We will approve your registration once everything is complete. This will include all forms and payment. You will receive confirmation when approved.

If you are struggling in any way, please let us know (307-633-4383).

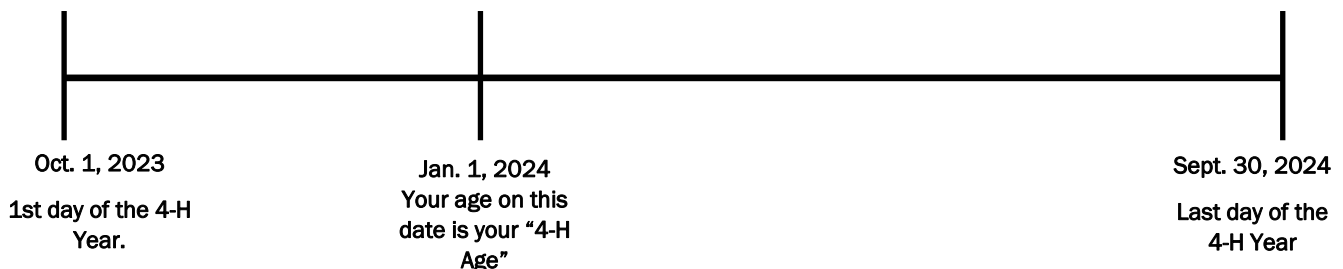
4-H Ages

- The 4-H Year begins Oct. 1 and ends Sept. 30.
- 4-H Age is the age that the youth was or will be on Jan. 1st of that 4-H year.

Different opportunities are open to different ages of youth.

- **Cloverbuds:** Have a 4-H Age of 5-7

- **Juniors:** Have a 4-H Age of 8-10
- **Intermediates:** Have a 4-H Age of 11-13
- **Seniors:** Have a 4-H Age of 14-18



Cloverbuds

The 4-H Cloverbud is a FUN youth program specially designed for children in K—2nd grade (ages 5-7 as of January 1 of 4-H year). The focus is hands-on cooperative learning in small groups with adult supervision. Cloverbuds participate in activities, games, and other positive experiences in a supportive, creative, challenging and fun environment that introduce them to the wide variety of 4-H project experiences which are available to them when they turn 8 years old.

Key differences between Cloverbuds and Older 4-H Members

Cloverbuds

- Learning is activity centered
- Instruction is leader directed
- Recognized for participation only
- Activities come from approved curriculum or through materials approved by the county educator
- DO NOT participate in shooting sports, or compete in events.
- Cloverbud clubs do not elect officers or have fundraising events.
- Enroll under the Cloverbud project.
- Utilize project manuals or other materials (including curricula) as designed for their age group.

What Can Your Child Expect To Do as a Cloverbud in Laramie County?

- Participate in activities uniquely suited to their development
- Have Fun
- Grow and learn in a non-competitive environment
- Develop skills
- Participate in hands-on activities
- Make new friends

In Laramie County, there are county-wide opportunities for your Cloverbud. These include:

Fair exhibits: Cloverbuds can bring a project to the fair during a designated time and have it “judged.” This “show-n-tell” style allows the Cloverbud to experience static exhibit interview judging in an age-appropriate manner. Each Cloverbud leaves their project to be put on display for the duration of fair.

Cloverbud Fundays: Fundays are held throughout the year and include activities that are part of a theme (ie. Holiday Funday-making holiday crafts).

Frequently Asked Questions

Can my Cloverbud participate in the Laramie County fair?

A Cloverbud cannot show in a youth or 4-H class at the county fair because these are competitive events. Laramie County Fair does have Pee-Wee classes which are open to the public and Cloverbud’s can interview with a judge during static judging.

Do Cloverbuds complete record books?

Record books are optional for Cloverbuds.

Are there any clubs for Cloverbuds?

All Laramie County 4-H Clubs accept Cloverbuds. Some clubs will have specific leaders to lead activities for the Cloverbuds during club meetings and other clubs include them in the traditional club meeting.

How much does it cost?

Cloverbuds cost the same as an older 4-H member. Cloverbuds must be enrolled each 4-H year.

For more information about Laramie County 4-H Cloverbuds, please contact Rebecca Austin at (307) 633-4499 or

raustin5@uwyo.edu.



Membership & Enrollment

- Enrollment is due once every 4-H year. The 4-H year begins Oct. 1st and ends Sept. 30th but you can enroll any time. Some clubs have enrollment deadlines.
- For the 2022-2023 4-H year there is an enrollment fee of \$10 to enrollment in Laramie County 4-H year for members. The shooting sports program costs an additional \$10 per project.
- There are scholarships available to help with these costs, contact the Extension Staff for more information.
- These fees cover the cost of insurance, purchase equipment and supplies, and help provide opportunities to 4-H youth. All 4-H members and leaders are covered by Wyoming 4-H Liability Insurance during 4-H functions.
- Different projects and events (animal projects, shooting sports, Self-Determined, etc) have different project and event deadlines so check with the 4-H Office if you have questions about specific projects.
- You can change or add projects or clubs at any time throughout the 4-H year. Due to some project deadlines, the opportunities in those projects may be limited if you join after a deadline. Call the Extension office for further explanation.
- **Enrollment must be completed prior to attending any 4-H event including club meetings..**



4-H Club Information

- 4-H Clubs are youth working in groups with a volunteer leader. All 4-H members must belong to a club.
- Clubs offer opportunities outside of projects for youth to learn and develop socially. These opportunities include working in teams, community service activities, and public speaking opportunities.
- Members may belong to more than one club if their interests fall within the scope of different clubs.
- Clubs hold events such as fundraisers, community service activities, and have a leadership structure made up of 4-H members.
- Clubs are overseen by a Club Leader but are run and organized by their members.
- Most clubs elect officers such as President, Vice President, Secretary, and Treasurer.
- A 4-H club meeting generally lasts one to two hours, depending on the activity or if members are giving presentations.
- The Extension Office can help you to find a local club or program that's right for you. Another option is to start a new club with some of your friends or other interested young people and a few adults willing to help.
- Most clubs meet once a month and some meet more or less as needed. Some clubs hold their meetings at homes or other locations in their area and some clubs hold their meetings at other community meeting spaces around the community they reside in.
- Any youth may enroll in any club that is accepting members. Finding a club that fits your schedule and interests is very important so don't be afraid to talk to club leaders before enrolling in a club. Members may also switch clubs if there is a better fit for them somewhere else.

4-H Projects

- Projects are open to all eligible 4-H members. 4-H projects are "learn by doing" experiences.
- Youth should select a project they are interested in and would like to learn about. Don't be afraid to pick projects you don't know much about, because the whole point of a 4-H project is to learn about it.
- You work on the project(s) throughout the year, keep records of what you do and learn, and then you can exhibit your projects at places such as the County Fair, County Shoot, or Showcase Showdown.
- You may enroll in the same project or a different project each year and you can enroll in as many projects as you have time for. As a new 4-H member it might be a good idea to start with one or two projects your first year.
- If you have a project idea that isn't on the list, email Kristi Nagy 4-H Educator the Self Determined form for approval.
- Self Determined forms can be found on the Laramie County 4-H website.
- Most projects you can be done at your own home, with the help of an adult.
- Some projects have Project Leaders that hold classes or workshops. Watch your Weekly Updates for - announcements about classes or workshops.
- Some projects have deadlines for enrollment and events. Be aware of these deadlines before enrolling. For example, to attend shooting sports practices youth must attend a mandatory shooting sports orientation. Those meetings are only held at specific times during the year. If you were to enroll in May and wanted to do Shooting Sports, you would be unable to shoot live firearms because the mandatory orientations have already been completed. You may still enroll in the project, but you would have to exhibit something at the fair, instead of shooting your first year.

Aerospace	Fabric and Fashion	Nature and Ecology	Veterinary Science
Alpacas/Llamas	Foods and Nutrition	Outdoor Recreation	Visual Arts
Archery	Gardening/ Horticulture	Photography	Welding
Breeding Beef	Geology	Pistol	Wildlife/Hunting
Breeding Sheep	Health	Pocket Pets	Woodworking
Breeding Swine	Horses	Poultry	Youth Leadership
Cake Decorating	Interior Design	Quilting	
Cats	Knitting	Rabbits	
Civic Engagement	Leathercraft	Range Management	Opportunities
Computers	Market Beef	Rifle	Horse Judging
Crocheting	Market Sheep	Robotics	Produce Judging
Dairy Goats	Market Swine	Ropcraft	Junior Leaders
Dogs	Meat Goats	Self-Determined	Hippology
Electricity	Muzzleloader	Shotgun	Livestock Judging
Entomology		Sportfishing	Microsoft TechChange Makers
			Livestock Skill-a-thon

Communication & Deadlines

- Communication is a very important part of the 4-H program.
- Email is the main method of communication in Laramie County 4-H. Update emails are sent out typically twice per week, have information on upcoming events, deadlines, and general 4-H information.
- Many Clubs, 4-H Groups or Committees have Facebook or Instagram pages to communicate with members and community members.
- Club Leaders are able to communicate with members through ZSuite, please make sure to check it regularly.
- 4-H also has a Facebook page where we share timely updates, reminders, and cancellations. Search for Laramie County 4-H using the Facebook search tool.
- 4-H is also on Instagram where we share updates and photos. Our username is laramiecounty4h .
- Laramie County 4-H has a web site that has vast amounts of information.

<https://wyoextension.org/laramiecounty/4h-youth-development/>
- **If for some reason you stop receiving any of these communications or if your mailing address or email address changes it is your responsibility contact the Extension Office.**
- Deadlines are very important in Laramie County 4-H. Different projects have different deadlines such as animal ownership deadlines, fair entry deadlines, record book submission deadlines, and others.
- It is your responsibility to watch the 4-H communications for these deadlines and have the requirements in on time.

4-H Resource Materials

Please familiarize yourself with the resources on these websites.

Laramie County 4-H Page <https://wyoextension.org/laramiecounty/4h-youth-development/>
County specific information, registration forms, contest information & forms (4-H camps, Presentation Contest, County Shoot, etc.), record book tips, horse safety study guide, links to project information.

Wyoming State 4-H Page <http://www.uwyo.edu/4-h/>

State event information (State Fair, Showcase Showdown, State Shoot, State Horse Camp, etc.), leader information, state award and trip opportunities, club resources for leaders, and project information sheets,

Laramie County 4-H Facebook Page

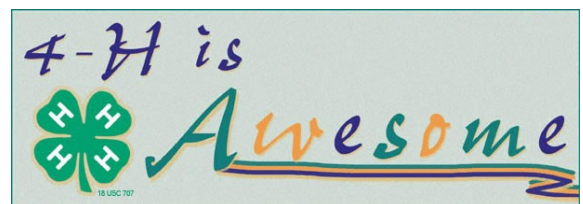
<http://www.facebook.com/pages/Laramie-County-4-H/163617733698423>

We post timely cancellations, updates, and opportunities here.

Shop 4H

<https://shop4-h.org/>

Distributor of 4-H themed materials, clothing, and curriculum.



4-H Club Member Responsibilities

A 4-H club is a group of youth working with an adult volunteer leader toward common goals. The officers and leaders can't do it alone. This means that every member of the club needs to pitch in and do his or her part!

Below are some reminders to help you help your club be successful.

1. **Attend your club meetings.** You can't be an active member if you're not around. Arrive on time, and plan to stay until the meeting ends. If you need to miss a meeting, let your leader or an officer know in advance if possible.

Remember that, in 4-H, meetings are held to:

- Get things done
- Bring up new ideas
- Build leadership skills of all members
- Get to know other members
- Learn and have fun

2. **Follow an agenda** during each meeting.
3. **Go to meetings with your ideas** and share them with others.
4. **Raise your hand** and be called on before speaking. Only one person should talk at one time.
5. **Listen** to what others have to say. Even if you don't agree with their opinions. This lets you hear other points of view.
6. **Be a friend.** Get to know other members. Help out when needed. Not all members are the same, but no one is more important than another. Be a friend and you'll have a friend!
7. **Tell your parents about important dates** in advance so they can get you to the meeting or event.
8. **Know how to run a good meeting.** "Parliamentary procedure" is used to make sure that:
 - One thing at a time is discussed
 - Courtesy is given to everyone

- Rules of the majority are followed
- Rights of the minority are protected

The "official" way to suggest something in a meeting is to "make a motion." This is done by being called on (recognized) by the president and then saying, "I move that the club does..." Another club member seconds your motion. Then there is discussion and the club votes on the motion. That's really all there is to it. It just takes practice.

9. **Read your Updates** and any other communication from the Extension Office. This will help you be a better member.
10. **If you are a club officer attend a 4-H Officer Training.**
11. **Give a club and county public presentation.** Are you afraid to speak in front of a group? Don't worry, you can learn how in 4-H. Public speaking skills will not only help your club, but also help you succeed in everything else you do. It's not hard once you get started.
12. **Enjoy your 4-H club.** Have fun and learn at the same time!

Adapted from Rutgers Cooperative Research & Extension, NJAES, Rutgers, The State University of New Jersey.



Competitive Events & Opportunities

- Various events are held at many times throughout the 4-H year. Some events are sponsored by 4-H and some are sponsored by partner entities.
- The following events are available for 4-H youth to participate in.
 - ◇ **Showcase Showdown**—A statewide 4-H event held in Laramie in June. Open to all 4-H members it includes project clinics, contests, and social events. Some of these events include Horse Judging/Hippology, Livestock Skillathon, Cake Decorating, Prepared/Impromptu Presentation Contests, and Robotics.
 - ◇ Laramie County Presentation, Cake Decorating, and Table Setting Contest—These contests are held in June. Open to all 4-H members.
 - ◇ **Laramie County Fair**—A Laramie County Fair Board sponsored event held in

August. Contests include small animal and livestock shows and static exhibit interview judging. Open to all 4-H members. Events are held at the Archer Event Facility.

There will be a Fair Book released during the summer that will give more information on the rules and requirements surrounding County Fair. If you have fair questions please refer to your Laramie County Fair Book, contact the Extension Office, or contact the Fair Office.

◇ **Wyoming State Fair**—

Wyoming State Fair is held in Douglas every August. Contests include livestock and small animal shows, static exhibit judging, and the State 4-H Livestock Judging Contest. Open to all qualifying members.

State Fair has a State Fair Premium Book that outlines the requirements, expectations, and event information for the Wyoming

State Fair.

- Entry paperwork for events and fairs will be available close to the time of the event. This is separate paperwork from 4-H enrollment and by enrolling in 4-H it doesn't mean you are automatically enrolled in fair or other events.

It is important to remember that a positive learning experience will teach youth more than a blue ribbon ever will.

Record Books

- Record Books are due each year.
- Part of 4-H is learning to keep good records of your project from start to finish.
- Record Books are attached to the youth's ZSuite enrollment.
- The instructions for filling out Record Books can be

found at the following link:

<https://bit.ly/36s0eJX>

- Record Books will be due near the completion on the 4-H year. More information and specific due dates will be shared from the 4-H Office.

- Record Books are scored and if they are filled out completely you get points toward the State Achievement Program.

State Achievement Program

- The 4-H State Achievement Program is the system used to classify the accomplishments of 4-H members on a yearly basis.
- Members are divided up into three groups based on their involvement in 4-H. The achievement program is designed to recognize youth based upon the extent of their involvement in the 4-H program each year.
- Over continued years of involvement in 4-H, a youth can earn recognition of prominence that reflects their efforts.
- The three levels of achievement include Member Recognition, Silver Recognition and Gold Recognition. Silver and Gold membership levels have a certain number of points attached to them.
- Over time, as a member accrues points they can become eligible for the Wyoming Honor's Club which is the highest State honor a Wyoming 4-H Member can achieve.

Silver Recognition (1 point)

- ⇒ Member meets Membership Recognition criteria.
- ⇒ Member has exhibited what he/she learned at some point in the current 4-H year
- ⇒ Member provides documentation of setting goals, knowledge/skills gained, and participation in project. (Via the record book)

Gold Recognition (3 points)

- ⇒ Member meets Membership Recognition criteria.
- ⇒ Member has exhibited what he/she learned at some point in the current 4-H year
- ⇒ Member provides documentation of participation in *all* essential elements of positive youth development: setting goals, knowledge/skills gained, recognition, leadership, community service, and participation. (Via the record book)



Wyoming 4-H Honor's Club

- The ultimate achievement that a 4-H member can obtain is inclusion in the Wyoming 4-H Honors Club. It is based on the principle of providing recognition for youth that maximize their opportunities to foster positive youth development elements of belonging, independence, generosity, and mastery over their time as a member in the program.

- Nineteen (19) points must be accumulated to obtain the status. Annual efforts are accumulated based on receiving three (3) points for a gold effort and one (1) point for a silver effort.
- Inclusion in the Honor's Club is the highest degree of recognition that a member can achieve through the State 4-H office.
- Induction into the Wyoming Honor's Program will also be an achievement that member's will be able to put on college or scholarship applications.

4-H Code of Conduct

Code of Conduct paperwork must be e-signed each year by the youth enrolling in 4-H and their parent or guardian. It is part of the ZSuite enrollment process. The following behavior guidelines and expectations are designed to make everyone's experience at 4-H events positive and safe. This means that all participants, members, adult volunteers, and 4-H staff, shall adhere to the core values of the University of Wyoming 4-H Youth Development Program, respect the individual rights, safety and property of others. Everyone involved is expected to demonstrate the character traits of trustworthiness, respect, responsibility, fairness, caring and citizenship.

The 4-H Code of Conduct for youth outlined below is in effect for all activities involving 4-H. It applies to all activities coordinated through 4-H including local, county, district, state and national activities. Participants who fail to adhere to the 4-H Code of Conduct may be subject to a range of disciplinary actions. Immediate corrective action will be taken to ensure the safety and welfare of all participants at the event. Additional disciplinary action may be taken upon further investigation of the infraction or incident.

While attending 4-H meetings, projects, programs, and events as a 4-H member, I will:

1. Obey all rules established by the Wyoming 4-H program, the local club/program and all local, state, and federal laws.
2. Be honest and accept responsibility for personal choices.
3. Conduct myself in a courteous manner and be respectful the authority of adult volunteers, youth leaders and 4- H staff, and others in leadership roles.
4. Not use, accept, or carry alcohol, drugs, or tobacco, nor associate with or remain in the presence of others using the substances.
5. Not carry a weapon or threaten another person with a weapon, bodily force or language.
6. Not be overly affectionate or have sexual contact with another.
7. Not gamble for real money.
8. Not use computers or cell phones maliciously or access inappropriate websites.
9. Not participate in hazing of any kind, this includes verbal, physical or cyberbullying.
10. Acknowledge that searches of personal property may take place when there is reasonable suspicion of violations of law or policies.
11. Be courteous and respect others as well as leaving sites and public places neat and clean.
12. Not damage, tamper, misuse, or steal the property of others.
13. Use appropriate language and wear acceptable clothing.
14. Show kindness to others and give assistance when needed.
15. Honor my commitments including fully participating in any program or event.
16. Respect the individual rights, safety and property of others.

While attending overnight events as a 4-H member, I will also:

1. Not leave the activity or event unless permission is secured from the adult in charge.
2. Be in my sleeping area and honor established curfews.
3. Not enter the sleeping areas of members of the opposite gender nor will I invite non 4-H participants to the sleeping areas.
4. Be responsible for any damage caused by, or as a result of, my actions.

If I do not live up to the Code of Conduct, I know that consequences may include any or all of the following:

1. Notification of my parents and appropriate staff members
2. Dismissed from the 4-H event at my own expense and without any refund
3. Not allowed to participate in future 4-H events
4. Pay for the financial cost of damages and repairs for damage or destruction of property
5. Released to the nearest law enforcement agency and/or proper authorities
6. Terminate my 4-H membership in club programming

I understand that any infractions of the 4-H Code of Conduct should be reported promptly by anyone observing them to the adult in charge of the delegation and to the person in charge of the event and that she/he will advise the county and/or state office of any misconduct on my part. I have read the Code of Conduct and agree to abide by it. I understand that any infraction by me will result in any or all of the actions listed above.

4-H Parent Information

The Mission of 4-H

4-H uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the world.

How a 4-H Club Works

A 4-H club is usually a group of five or more kids from at least two different families, guided by an adult 4-H leader. Each club has a set of by-laws they follow. It is approved by the club members and contains the rules by which the club operates. The club meets at least one time each month. Some members serve as officers. They are elected by the club members. Dues are optional and decided by the club.

How to get your child signed up in 4-H

If your child hasn't already done so, he or she needs to complete a 4-H Enrollment through ZSuite. The link to enroll in ZSuite is as follows: <https://4h.zsuite.org/> After payment has been received, your son or daughter will be an official 4-H member.

Where to get help

Many people in 4-H are ready and willing to help you. Here is a list of some of them:

- **4-H leader** - An adult who volunteers to help lead a 4-H club or project. Leaders work with club members to plan and conduct meetings and activities. Most of all, they teach 4-H members new skills.
- **County 4-H Educator** - The professional who is responsible for administering the 4-H program in your county. He or she is a faculty member of the University of Wyoming and is located in the Extension office in your county. Other 4-H staff may also be available to help with county 4-H events, or to organize new clubs.

Helping your child become involved in 4-H

Being active in a 4-H club is important. Here are a few other exciting 4-H activities. Get details from your county 4-H emails, newsletter, or club leader.

- **Presentations** - a great way to learn how to speak before a group without being afraid. A contest is held so members can be recognized for their efforts.
- **4-H Camp** - Watch correspondence for exact dates and location. Older 4-H members can apply to be camp counselors and develop their leadership skills.
- **Project Meetings** - Some projects have leaders who hold county wide meeting and clinics. These events are advertised in emails or on Facebook and are open to all 4-H members.



A Parent's Role in 4-H

Children need parental encouragement to get them started in 4-H and to keep them involved in the program through their teen years. You can help if you:

- **Share** - Take an interest in your child's 4-H project and activities. Listen, look, and offer suggestions, but avoid the temptation to "take over" and do things yourself. Learning by doing is the 4-H way. Your child learns by his or her mistakes as well as successes, if you provide encouragement.
- **Be there** - Your child will gain more from 4-H by attending club meetings regularly and by getting involved in project meetings, Laramie County Fair, and many other activities. Parents can be part of 4-H, too. Don't

just drop your child off at meetings - sit and observe. You are welcome. Get to know the club leader. Lend a hand wherever you can. Try to remain objective and avoid "taking over" any activities. Remember, the club is for the kids. Make sure to attend trainings and orientations as they occur, especially trainings just for parents. Watch your email for these opportunities.

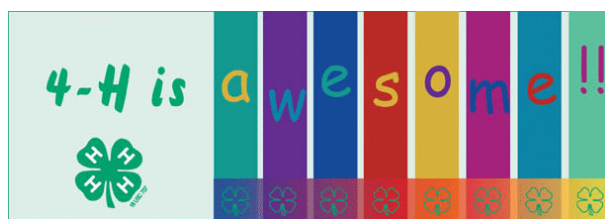
- **Care** - Parents are expected to support their child's participation in the 4-H program to the best of their ability and to abide by the policies, procedures, and standards of behavior set forth by the 4-H Youth Development Program. Arrange to attend programs and events where your child is taking part. Your presence

shows that you consider your child, and what he or she is doing, very important.



Volunteer Leaders

- Volunteer Leaders contribute to the structure of the 4-H program. There are different types of 4-H Volunteers Leaders.
- A **Project Leader** is someone who has knowledge in certain project areas and is willing to help members in those projects.
- A **Club Leader** is in charge of each 4-H Club. They will be the main contact for all club activities and will oversee the club Officer Team, meetings, and all club events.
- A **Committee Member** sits on a committee to help plan a particular part of the 4-H program (i.e., Livestock Sale, Benefit Bash, Shooting Sports).
- All 4-H Leaders have been screened prior to their work with members.



What Should Parent's Expect from Club Leaders?

Parents should expect 4-H Club Leaders to...

1. Be knowledgeable and available to answer 4-H questions, including those related to projects, paperwork, and important dates. If leaders don't know the answer, they know how to find the answer.
2. Distribute necessary 4-H paperwork in a timely manner (e.g., 4-H manuals, calendar of events, etc.).
3. Be courteous, helpful, and display a positive attitude. Treat all 4-H members and their families with respect.
4. Publish and distribute the 4-H Club meeting and activity schedule in a timely manner.
5. Help 4-H Club officers and Jr. Leaders plan creative, enthusiastic meetings and activities.
6. Be prepared for and help the 4-H Club officers run an orderly meeting. Enable the members develop their own leadership skills.

7. Encourage all 4-H'ers to do/be their best.
8. Be a model for the 4-H members to aspire to.
9. Assist members in learning what is available to them through 4-H.
10. Make 4-H fun.

Parents should not expect 4-H Club Leaders to...

1. Do the work for the members. The members must do a little work too!
2. Be babysitters for their children.
3. Track down the 4-H members to deliver their needed information.
4. Be perfect. 4-H leaders are human too...we all make mistakes!



Do's and Don'ts of Being a 4-H Parent

Do's...

- ◆ *DO* advise your son or daughter in selecting projects. Help them select a project they are interested in, have the ability to accomplish and is one you can help furnish needed materials, facilities, financing and guidance.
- ◆ *DO* show your interest and enthusiasm for the projects selected. Find out what is suggested for members to do and learn. Encourage your child to work on the project and record keeping all year long, and not to wait until the last minute.
- ◆ *DO* encourage your child to participate in county and state events.
- ◆ *DO* keep the purpose of the 4-H project in perspective. Realize that a project is simply a teaching tool and a method for involving youth in a worthwhile activity. Above all, remember that your child is more important than the 4-H project.
- ◆ *DO* give encouragement when your 4-H'er succeeds and even more when he/she fails. Judging and awards are not final exams. Whatever ratings are given or scores received, help your

child to see progress made, things that have been learned, and goals that have been reached.

- ◆ Do keep in mind that the 4-H experience should be an educational one.

Don'ts...

- ◆ *DON'T* do your child's project for them, even though you may be able to do it faster, better, simpler and with much less mess.
- ◆ *DON'T* discourage a child's enthusiasm by providing too much corrective influence or criticism.
- ◆ *DON'T* assume your child is always right (or always wrong).

Laramie County 4-H



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Parts adapted from the following publications:

Welcome to 4-H Fact Sheet FS576, Rutgers Cooperative Research & Extension, www.rce.rutgers.edu

The 4-H Program in Wyoming Page, <http://www.uwyo.edu/4-h/about4-h/wyo4h.html>

Purdue Extension Parental Role Sheet 10/09, http://www.ces.purdue.edu/Porter/4-hparentpage/4-hparentpage_main.htm

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