

Celebrate Your Family Through 4-H

*4-H believes families are important. 4-H supports families.
4-H helps families become stronger.*

A strong family understands the value of doing things together. In doing so, they grow closer and stronger. A strong family is committed to developing a closeness that enables it to deal effectively with stress. Your interest and commitment will make your family stronger. It's absolutely necessary that you and other family members place a higher value on doing things together as a family.

Since your child is a member of 4-H you have many opportunities to work and play as a family. The most successful 4-H members have the interest and support of their families. Being active in your child's 4-H club will benefit your entire family.

Through 4-H you can celebrate your family.

Family Strength Builders

- Be a good listener and advisor to your child when he selects projects. Find out his interests and the available projects. Sometimes a younger child needs a fair amount of time to decide; for him it's a big decision. Encourage him to decide for himself. Be patient and don't dictate.
- Be enthusiastic and interested about your child's choice. Compliment her on the good selection, even if you thought she should have chosen another project.
- Get acquainted with the 4-H club and find out all the things 4-H'ers do.
- Tell the leader you want to be part of the 4-H club. Find out how you and your family can be involved and don't hesitate to volunteer ideas about how your family can participate.
- Guide your child as he works to complete a project, but don't do it for him.
- Attend the 4-H club meetings and look for ways to be helpful.

FAMILY STRENGTH BUILDER 1. Special occasions.

Assemble the family and mark on a calendar all the special occasions, such as birthdays, holidays, and anniversaries. Ask the 4-H member to mark the dates of 4-H meetings and events.

Spend some time planning how the family will celebrate the events of the next week or two. This activity should be repeated regularly so that your family establishes the habit of planning together.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	
5	6	7	8	Sue's Birthday!	
12	13	14	15		
Picnic	19	20	21	22	Camping Trip!
26	27	28	29		

FAMILY STRENGTH BUILDER 2.
Secret supper night.

Once a month tell each person in the family to draw a slip of paper to see who prepares each part of a supper. Each person should receive at least one slip. On one slip write meat; on another, vegetable; on others, dessert, drink, and so on. The family may use food already purchased or they may shop separately for the food. Even though all family members will be preparing food, each should try to keep his or her part of the meal a secret. This meal will be the most enjoyable one of the month!

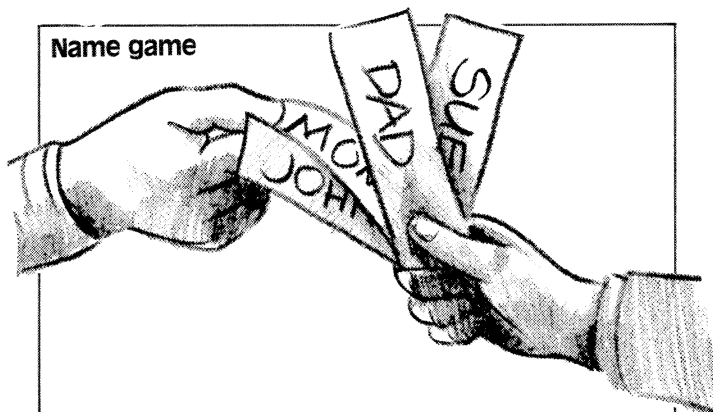
FAMILY STRENGTH BUILDER 3.
What was the best thing that happened?

As a family, decide to ask each other at supper time "What was the best thing that happened to you today?" At first, some may have difficulty recalling a "best thing." After the activity is repeated several times, though, it will be easier to talk about the good things that happen.

FAMILY STRENGTH BUILDER 4.
Name game.

Write each family member's name on a separate slip of paper, then put the names in a bag. Each night after sup-

per or some other time when the family is assembled, have each person draw a name from the bag. The object is to do something extra and nice for the person whose name you pick. The next night each member reports to the family what he or she did, then draws another name.



Normal everyday occurrences can cause stress. Unless a family does something to take the edge off, the stress can pile up and cause problems. Developing the habit of doing things as a family is good insurance against stress pile-up and more serious problems.

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