

4-H will provide your family the opportunity to develop the characteristics research has shown to be found in strong families.

These qualities include:

Appreciation and Affection

Families deeply care for one another, and they let each other know this on a regular basis

Commitment

Families show strong commitment to one another, invest time in family activities and don't let other priorities overtake family life.

Positive Communication

Families spend time talking with and listening to each other to stay connected.

Enjoyable Time Together

Families do things together and genuinely enjoy the times they share.

Spiritual Well-Being

Families share a spiritual well-being or caring center that promotes sharing, love and compassion.

Successful Management of Stress and Crisis

Families creatively and effectively manage both daily stresses and difficult life crisis.

4-H Pledge

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.

Douglas/Sarpy 4-H



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Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Know how. Know now.

Discover 4-H
"For Your Family"



(402) 444-7804
douglas-sarpy.unl.edu



ALL ABOUT 4-H IN DOUGLAS/SARPY COUNTIES

What is 4-H?

4-H is an informal, practical, learn-by-doing educational program for urban and rural youth. 4-H is designed to provide age appropriate opportunities for youth between the ages of 5-8 (Clover Kids) and 8-18 (traditional Members).

What is a 4-H Club?

4-H clubs are groups of 4-H members with similar interests. 4-H clubs hold meetings to help members learn more about their projects and to experience group unity through club projects and community service.

What is a 4-H Clover Kid?

Clover Kids participate in non-competitive 4-H. They must be five years of age and not older than eight years of age by January 1 of the current year.

What does it cost?

- \$10 registration fee*
- Additional project manuals
- Supplies needed for projects

** registration fee includes one project manual (up to \$5 in value) and qualifies the 4-H'er to exhibit at the Sarpy County Fair*



What do parents have to do?

4-H is a family organization. Parents do not have to become 4-H leaders, however most leaders do appreciate help and support from club parents. This help can range from being an assistant leader teaching a project to providing refreshments for a club meeting. Through parents involvement, the whole 4-H experience can be enriched for the member by increasing quality family time.

How do I join 4-H?

If you know of an established club which you would like to be a member or, simply visit with the club leader.

If you have a group of friends who would like to start a club, ask a parent to be a volunteer leader and contact the UNL Douglas/Sarpy Extension office at 402-444-7804.

4-H Projects

4-H has a variety of projects that are interesting and age specific to your child. Some of 4-H's 120 project areas include:

Communications and Expressive Art
Home Environment
Citizenship
Entrepreneurship (ESI)
Photography
Child Development
Clothing/Textiles/Consumer Buying
Food/Nutrition/Food Preservation
Physical Fitness
Forestry/Wildlife
Flowers/Gardening/Crop Production
Entomology
Aerospace/Rocketry
Computers/Robotics/Small Engines
Electricity
Heritage
Woodworking
Goats (Dairy and Meat)
Small Pets (Birds, Hamsters, Fish, etc.)
Beef (Breeding, Market, Feeder and Bucket)
Sheep (Market and Breeding)
Swine
Rabbit
Poultry
Horses
Dog
Cat
Horse

