

## Overview of the 4-H Family Life Project

In the 4-H Family Life Project, participants learn about family issues such as caring for young children, working with older adults, preparing for marriage, and relating to others.

Family life projects are usually conducted throughout the 4-H year, based on the availability of leaders. Members interested in the family life project should be willing to commit the appropriate amount of time to it, depending on the level of involvement.

Because competition is limited to 4-H educational presentation and recordbook competitions, 4-H members can focus more on the learning process and the multiple opportunities for community service.



### Questions to ask

- What are your goals?
- Do you want to compete in any family life contests?
- If so, would you like to compete with a team or individually?
- What other projects are you involved in that can be incorporated into your family life project?

### Learning experiences

#### Workshops

- Adoption
- Aging simulation
- Alzheimer's/dementia
- Babysitting
- Child care
- Child development
- Child-proofing a home
- Communication patterns
- CPR/first aid
- Family history
- Genealogy research
- Healthy habits in the home
- Intergenerational differences
- Internet safety
- Military families
- Personality profiles
- Teen dating
- Working with special-needs children

#### Tours

- Adult day care
- After-school centers (YMCA/YWCA)
- American Red Cross
- Day-care centers/youth centers
- Head Start classroom
- Nursing homes

#### Community service

- Coordinate a toy drive for a child care center
- Help elderly families with cleanup needs
- Help with a childhood immunization clinic
- Sponsor a children's book drive
- Sponsor a story hour for young children
- Visit the residents of a nursing home
- Volunteer to read to children at Head Start or a child-care center

### Contests

- Educational presentation: Open Family and Consumer Science
- Recordbook: Family Life

### Careers

- Anthropologist
- Case manager
- Child development specialist
- Early intervention specialist
- Education/teacher
- Genealogist
- Gerontologist
- Licensed day care provider
- Psychologist
- Recreation director
- Social worker
- Sociologist

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## Resources

- AgriLife Extension resources ([fcs.tamu.edu](http://fcs.tamu.edu))
  - ☒ Aging
  - ☒ Child care
  - ☒ Parenting
- National 4-H curriculum: [www.4-hcurriculum.org](http://www.4-hcurriculum.org)

## Specialists

- **Open Family and Consumer Sciences Educational Presentation**
  - ☒ Dianne Gertson, CEA-FCS, [dlgertson@ag.tamu.edu](mailto:dlgertson@ag.tamu.edu), 281-342-3034
  - ☒ Courtney Latour, CEA-FCS, [clatour@ag.tamu.edu](mailto:clatour@ag.tamu.edu), 979-864-1558
- **Recordbooks**
  - ☒ **First point of contact:** Your district 4-H specialist
  - ☒ **Coordinator of the state judging process:** Darlene Locke, Extension 4-H and Youth Development Specialist, [dlocke@ag.tamu.edu](mailto:dlocke@ag.tamu.edu), 979-845-6533
- **4-H Healthy Lifestyles Invitational:** Courtney Dodd, Extension 4-H Youth Development Specialist, [efdodd@ag.tamu.edu](mailto:efdodd@ag.tamu.edu), 979-845-6533