

What is 4-H?

4-H is a program that creates opportunities for youth to develop life skills.

4-H EMPOWERS youth to develop practical knowledge and individual talents through hands-on experiences

4-H EMPOWERS youth to make positive decisions

4-H EMPOWERS youth to build strong leadership and communication skills

4-H EMPOWERS youth to develop friendships and gain a sense of community

4-H EMPOWERS youth to give back to their communities and understand the importance of that giving

4-H is a part of the U Mass Extension Youth Development Program.



Extension and 4-H programs are available to all without regard to race, color, national origin, religion, sex, or disability.

Why Join 4-H

Traditional Community 4-H Clubs meet once a month, generally in the evening or on weekends. Research shows that 4-H plays a special and vital role in the lives of young people. 4-H youth achieve higher marks in school, are more likely to attend college and contribute to their communities at higher rates than their peers. These findings are part of a landmark study from the 4-H Study of Positive Youth Development (PYD).

What do 4-H'ers do?

4-H clubs are groups of youth who get together to do things they enjoy. The group, or club, decides the types of activities and projects they are interested in doing.

Join the 4-H Community Today!

- ✿ *Start your own club*
- ✿ *Be a volunteer*
- ✿ *Become a member*

For more information on starting your own club contact the Plymouth County at www.plymouthcounty4h.org



4-H **Babysitting Course**



**Plymouth County 4-H
4-H Babysitting
44 Obery St
Plymouth, Ma 02360
774-404-7020**

Code of Conduct:

I understand that the following individual behaviors make group activities difficult and I will be asked to pick up my child if there is a problem such as:

- physical harm (person, facility, materials)
- leaving the group without permission
- illness
- inappropriate language
- refusal to follow the rules
- unsafe behavior

Parent/Guardian signature

Date _____

This is the perfect program to teach young adults the responsibilities of babysitting. Topics include: safety, basic First Aid, nutritional snacks, entertaining children and how to prepare for the job. Police officers, firefighters, EMT's and parents are sometimes invited as guest speakers to teach different aspects of the course.

4H Babysitting Course

Sign up today!

When: January 19, 2019

Time: 10:30 am- 4:30 pm

Where: John Curtis Free Library
534 Hanover St, Hanover

Who: Any youth 11-18

Fee: \$ 25 per person, Includes book

Make checks payable to:

***The County of Plymouth ***

Registration deadline:

Monday January 7, 2019

Send registration & payment to:

Plymouth County 4-H Extension
Babysitting Course
44 Obery St
Plymouth, Ma 02360
774-404-7020

REGISTRATION FORM

(Please print clearly)

Youth name _____

Address _____

City, Zip _____

Male _____ Female _____

School _____

Grade _____ Age _____

Allergies, medications, or other information the leaders should know:

Parent(s)/Guardian(s) Name:

Email: _____

Cell phone _____

Above is required information, Fill out completely.

Photography Release Consent:

___ Yes, pictures of my child may be used for publicity and news articles for the Plymouth County 4-H Extension (Names will not be printed.)

___ No, do not use pictures of my child