

## 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](http://www.plymouthcounty4h.org)



# 4-H **Babysitting Course**



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

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**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:** March 9, 2019

**Time:** 10:30 am- 4:30 pm

**Where:** Plymouth Public Library  
132 South St, Plymouth

**Who:** Any youth 11-18

**Fee:** \$ 25 per person, Includes book

**Make checks payable to:**

***\*The County of Plymouth \****

Registration deadline:

**Thursday February 21, 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