

# Mini 4-H

# Helping Mom & Dad

## All Divisions



**Draft developed by:**  
**Purdue University Cooperative Extension Service**  
**Area VII 4-H Youth Development Educators**

**(Blackford, Delaware, Fayette, Franklin, Henry, Jay, Madison, Randolph, Rush, Union, & Wayne Counties)**

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**Resources and References**

Delaware County Mini Arts and Crafts Manual  
Franklin County Mini Crafts Manual  
Kids 'Squish Book by Loris Theovin Bree and Marlin Bree

**February 1998**



# Mini 4-H Parent's Page



Welcome to the Mini 4-H Program! Mini 4-H is designed for youth to explore a variety of project areas.

Your child received this project manual when enrolling in Mini 4-H. This manual will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H and their interest in this project.

As a Mini 4-H parent, your job will be to guide and encourage your child through the activity. It is highly suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. The 4-H Program encourages "learn by doing" ...and is the best educational tool that we can provide for youth.

Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based upon information within this manual.

The 4-H Fair is an exciting time for 4-H members and families. It is a week that allows community youth to showcase their talents, interests and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly enjoy it. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

If you have any questions regarding Mini 4-H or other 4-H programs, please feel free to contact your local Extension Office.



# Mini 4-Her's Page



Welcome to Mini 4-H! You are now a member of the 4-H family. You are a special person.

Mini 4-Her's have lots of fun! There are lots of activities for you to explore. You can try new things. You can share it with your friends and family.

Mom, Dad or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You also get a ribbon made just for Mini 4-Her's.



### Here are some things to know about 4-H.

The 4-H Symbol: A four-leaf clover with an "H" in each leaf

4-H Colors: Green and White

The 4-H Motto: To make the best, better.

The 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.

*Hi! This is your friend Chris Clover. I'm here to tell you how you can become Mom and Dad's best helper. I know your parents will really appreciate your help and you will have fun too!*

*There are lots of jobs you can do that will really help Mom and Dad. Let me think, how about learning to put our toys away when we are finished playing with them? That would really help out Mom and Dad and it's really easy to do. Here are some easy steps to learn how:*

## **Activity 1 – Putting Away Your Toys**

1. Ask Mom and Dad where they would like to keep your toys. They might say “in your room.” Well that can be confusing. What you want to know is where in your room. Once Mom and Dad have decided where to place your toys, you're ready for step 2.
2. Learn to arrange toys neatly. Games and other boxes can be stacked on top of each other. Lots of things can fit into a toy box. Sticking toys under the bed is not a good idea. The toy might get lost or you might forget about it for a long time. A toy kept under the bed can have a really lonely life.
3. Don't get all your toys out at once. It is much harder to put all these toys away when finished.
4. Make it a habit to put each toy away when you are finished playing. If the toys have several pieces, make certain to put all the pieces in the same general location. It will help you find the toy or game and all the pieces easily when you want to play with it again. By following these steps, you can keep your room fairly neat and tidy. Won't that be a big help to Mom and Dad?



P.S. If you play in other rooms of the house, picking up your toys will keep those rooms clean and tidy too!

# Activity 2 – Sewing on a Button

Do you ever want to wear something and a button is missing? Boy, does that make me mad. I'm always missing a button on my sweater. Well, I decided to not get mad. Why not learn how to sew on my own button? I asked Mom to teach me and I couldn't believe how easy I could do it after a few attempts. The hardest part for me was threading the needle. It was really fun to learn. Are you ready?

## **To practice, ask Mom and Dad to get you the following items:**

- Scraps of firm material, about 6" square
- 2 or 4 hole buttons
- Thread
- Needles with large eyes (crewels)
- Toothpicks or pins
- Scissors



## **Now, this is how a button can be sewn onto the fabric:**

1. Fold square of fabric in half to give a firm sample to work with.
2. Mark the location for the button with a pencil or chalk.
3. Thread the needle and knot the double thread.
4. Bring the needle up from the wrong side through the mark where the button will be.
5. Bring needle through the button. To allow ease in buttoning, lay a toothpick or pin flat across the top of the button. Stitch over it, then down through the button and fabric.
6. Continue to sew up and down through each hole of the button four or five times. Each time stitch over the pin or toothpick.
7. Remove the pin or toothpick and bring the needle through the fabric, but not through the button. Wind the thread firmly around the threads under the button to form a shank.
8. Bring thread to wrong side of knot.

Wasn't that neat to learn I'm really proud of myself. I can really help my parents by sewing on my own missing buttons. With a little more practice, I will be a real expert!

*Let's learn another skill. We've been inside the house all this time, let's go outside. One outside job which can be done to help our parents is sweeping the sidewalks or the barn floors.*

## **Activity 3 – Sweeping with a Broom**

There are lots of times when the sidewalks need to be swept, especially after the grass has been mowed. If we don't sweep the walks, the grass can stick to our shoes or bare feet and be carried into the house! I bet mom doesn't like that to happen!

Sometimes you may have floors in your house or a garage that needs to be swept. There are lots of times you could help by sweeping with a broom.

Sweeping is really easy and fun. This is how I learned. First ...

1. Have mom or dad show you how to hold the broom. I know it sounds silly, but the best broom sweepers know the correct way to hold the broom.
2. Sweep the entire surface with short strokes (Don't forget to sweep out the corners. Dirt loves to hide in the corners).
3. Sweep all the dirt into a few small piles.
4. Have mom or dad show you how to sweep the piles of dirt into a dustpan.
5. Throw the dirt in the trash.
6. Put the broom and dustpan in their proper storage place.



Now that wasn't so hard, was it? What did mom and dad say? Did you remember to sweep up all the piles of dirt? Are you having fun? Boy, I am! I really love to help around the house. Maybe sometime, you can come over to my house and help me clean!

*Since we are working outside, let's talk about another "outside" job. It's my favorite job because I love to dig in the dirt.*

# Activity 4 - Learning about Weeds

Helping mom or dad pull weeds can be a really fun time! You can even get a good suntan while keeping your garden or flower beds weed free!

Here are some helpful tips which helped me learn

1. I decided to wear gloves, just in case I pulled a weed that was poisonous or would make me break out. Gloves also keep the dirt out from under my fingernails.
2. Have mom or dad show you what the plants look like and what plants are weeds. My suggestion is to only pull weeds when an older person who knows the difference between the plants and weed is helping you.
3. It is best to do any outside jobs in the morning or early evening. It isn't so hot outside during those times. Take this advice from someone with a fur coat - working outside in the afternoon is not too pleasant.
4. Always wash your hands with soap and water when you have finished weeding.
5. Admire your work. A clean garden or flower bed is a beautiful sight!





# Activity 5 - Raking Leaves

I just love to be outside. There is always so much to do. Another really fun job I like is raking the leaves in the fall. It is so much fun to rake the leaves



into a great big pile, run real fast and **JUMP** right into the middle of that pile of leaves! Another fun game to play with leaves is something I call **house building**. First, decide how many and which rooms your house should contain. Then rake the leaves into rows which outline your house.

Your house can be made any way you like. One word of warning however – it is hard to build a two-story house out of leaves. When finished playing **house building**, rake all the leaves into a giant pile.

1. Have mom and dad show you how to hold the rake. Make certain the rake isn't too heavy or you will get tired quickly and won't have any energy to play.
2. It is best to use a rake that has a short handle. Shorter rakes will be easier for you to use.
3. Ask mom or dad where they would like the leaves to be piled.
4. Let mom or dad know when you are finished raking and playing with the leaves. If you live in town, the city crew may come to your house with a big truck and haul the leaves away. If you pile the leaves on the curb, don't play in them. A car could drive by and hit you.
5. Sometimes mom or dad like to have the leaves piled in the garden. The leaves may help the garden grow next summer.
6. Sometimes mom or dad will burn the leaves. Let mom or dad do that part of the job: Matches and fire can be dangerous.



Doing all these jobs outside can really get us and our clothes really dirty. Let's go inside now and clean up.

## Activity 6 - Putting Dirty Clothes Away

Have you ever looked for your favorite outfit and could not find it? When you finally found your clothes, they were dirty! How come? When I was growing up, my mom said that if I needed something washed, to put it in the clothes hamper. If the clothes weren't in the clothes hamper, they did not get washed.

**Where to Put Dirty Clothes:** Ask mom or dad where they want you to put your dirty clothes. Do you have a clothes hamper or basket in your room? Maybe you need to take your dirty clothes to the laundry room. The important thing to remember is to always place your dirty clothes where mom or dad asked you to put them.

**Change Your Clothes When They Are Dirty.** If you play as hard as I do, you will need to change your clothes every day. It isn't fun to wear dirty clothes.



## Activity 7 – Putting Clean Clothes Away

Once our clothes are washed, we need to put them where they are stored. Some clothes are hung in the closet. Other clothes may be folded and placed in a dresser drawer.

**Folding clothes to put in a dresser:** Ask mom or dad to show you how they want your clothes folded and how to fold each item. At my house, I have to fold my towels a certain way so they will fit in the closet.

**Placing Clothes on a Hanger:** Ask mom or dad to show you how to fold your pants to place them on a hanger. An easy way is to lay the pants on the bed, then fold one leg at a time. Folding or hanging your pants will keep them from getting so wrinkled.

When hanging up shirts with buttons, make certain to button at least one button after placing it on the hanger. Buttoning keeps the shirt from falling off the hanger.

# Activity 8 - Bath Time Hints

Now that we have taken care of our clothes, we better take care of ourselves. Did you get dirty working outside? I always do. We can really help mom and dad by following a few simple rules.

Taking a shower or bath is one of my favorite times.

I prefer to take a bath. I can get wetter that way and even practice the dog paddle in the bathtub.

When taking a bath, don't forget to wash your neck and face. When you are outside playing and helping, your neck and face get really dirty.

Here are some ways I have found to help my parents at bath time.

- Don't play in the bathtub too long. Other family members also probably want to take a bath.
- Don't use all of the hot water. No one likes to take a cold bath, which is what will happen to anyone taking the next bath. If you use all the hot water, you will probably end up in hot water with your family.

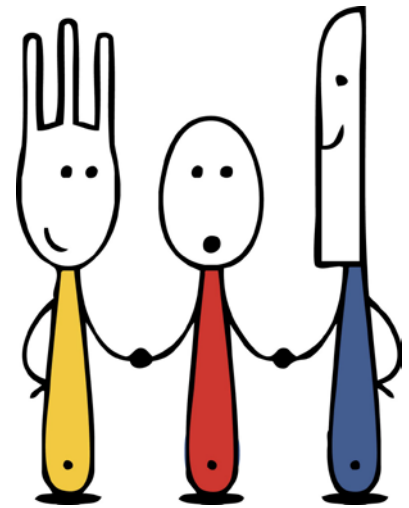


## Activity 9 - Setting the Table

Are you hungry? After all the things we have been doing, I bet you are. I am! I hope we have steaks.

There are a lot of things we can do to be big helpers at mealtime. One way we can help is to set the table. This means placing the dishes at the places. Setting the table correctly is important because doing so can add pleasure to the meal. When the table looks nice, the food tastes even better!

- Place all silverware, plate and napkin edges one inch from the edge of the table or placemat. If you have a young brother or sister, you may set their plates farther away from the edge of the table.
- Place the plate in the center of the placemat or if not using placemats, straight with the center of the chair.
- Place the napkin, fork and salad plate to the left of the plate. You may wish to fold the napkin.
- Place the knife, spoon, cup or glass to the right of the plate.



## Activity 10 - Wiping the Table

After a meal is finished there will be crumbs and accidents which must be wiped from the table or tablecloth. This is something you can do to help at mealtime. To wipe the table:

- Wet a dishcloth in warm, soapy water. Wring out the extra water.
- Start in the center and wipe towards you. Collect any crumbs and scraps in your cupped hands. Don't wipe the crumbs onto the floor.
- Rinse the dishcloth then wipe the seat of the chairs using the same way you wiped the table.
- Rinse the dishcloth and lay it flat to dry near the sink.
- Admire your work.

*Boy oh boy, have we learned lots of new things! Did you have fun? I did! I am so glad we are friends.*

*I hope you enjoy your summer and have fun with all your 4-H friends and family.*

*Your friend  
Chris Clover*



# What to Exhibit



All Divisions:

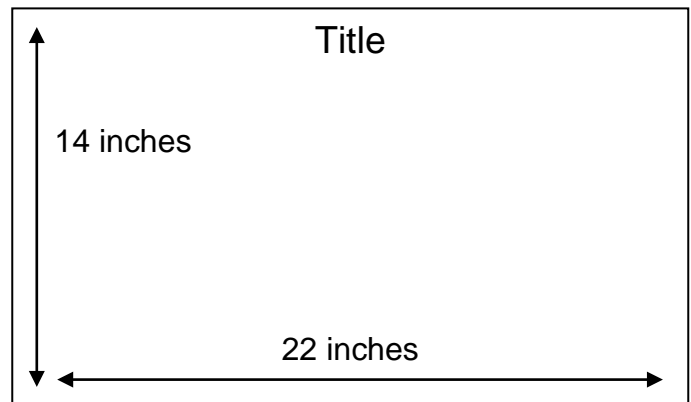
Exhibit five pictures showing what you have done to help your mom or dad around your house or farm. Place the pictures on a poster board or in a three-ring notebook on 8.5x11" paper. Please label pictures.

## Good Luck and Have Fun!

### Mini 4-H Poster Requirements

Poster requirements for ALL Mini 4-H projects that require posters:

1. Poster board (14"x22") should be displayed horizontally
2. Poster should have stiff backing and covered with clear plastic
3. A title should be at the top of the poster
4. Include your name, grade and club on a card in the lower right hand corner.



*Sample poster*