



NEW YORK STATE
4-H

4-H and Parenting Education

Youth Development & Parenting Education

2020 Parenting Education In-Service

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NYS 4-H Youth Development



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HEAD



HANDS



HEART



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Goals for this Session

- Mindfulness Practice *
- Thriving Model with emphasis on developmental relationships
- Exploring Possibilities Together



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From Safety & Connection...



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...to Developmental Relationships

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- Who did you feel most connected with as a youth? %
- Consider yourself as a parent.
- Consider a parent you admire.
- Reflect. What did they do?



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Developmental Relationships

“Close connections through which young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.”

-Search Institute

[Relationships Matter: The 5 Elements of Developmental Relationships](#)



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Express Care



- **Show me that I matter to you**
 - Be someone I can trust
 - Really pay attention when we are together
 - Make me feel known and valued
 - Show me you enjoy being with me
 - Praise me for my efforts and achievements



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Challenge Growth



- **Push me to keep getting better**
 - Expect me to live up to my potential
 - Push me to go further
 - Insist I take responsibility for my actions
 - Help me to learn from my mistakes & setbacks



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Provide Support



- **Help me complete tasks and achieve goals**
 - Guide me through hard situations and * systems *
 - Build my confidence to take charge of my life
 - Stand up for me when I need it
 - Put in place limits that keep me on track *



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Share Power



- **Treat me with respect and give me a say**
 - Take me seriously and treat me fairly
 - Involve me in decisions that affect me
 - Work with me to solve problems and reach goals
 - Create opportunities for me to take action and lead



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Expand Possibilities



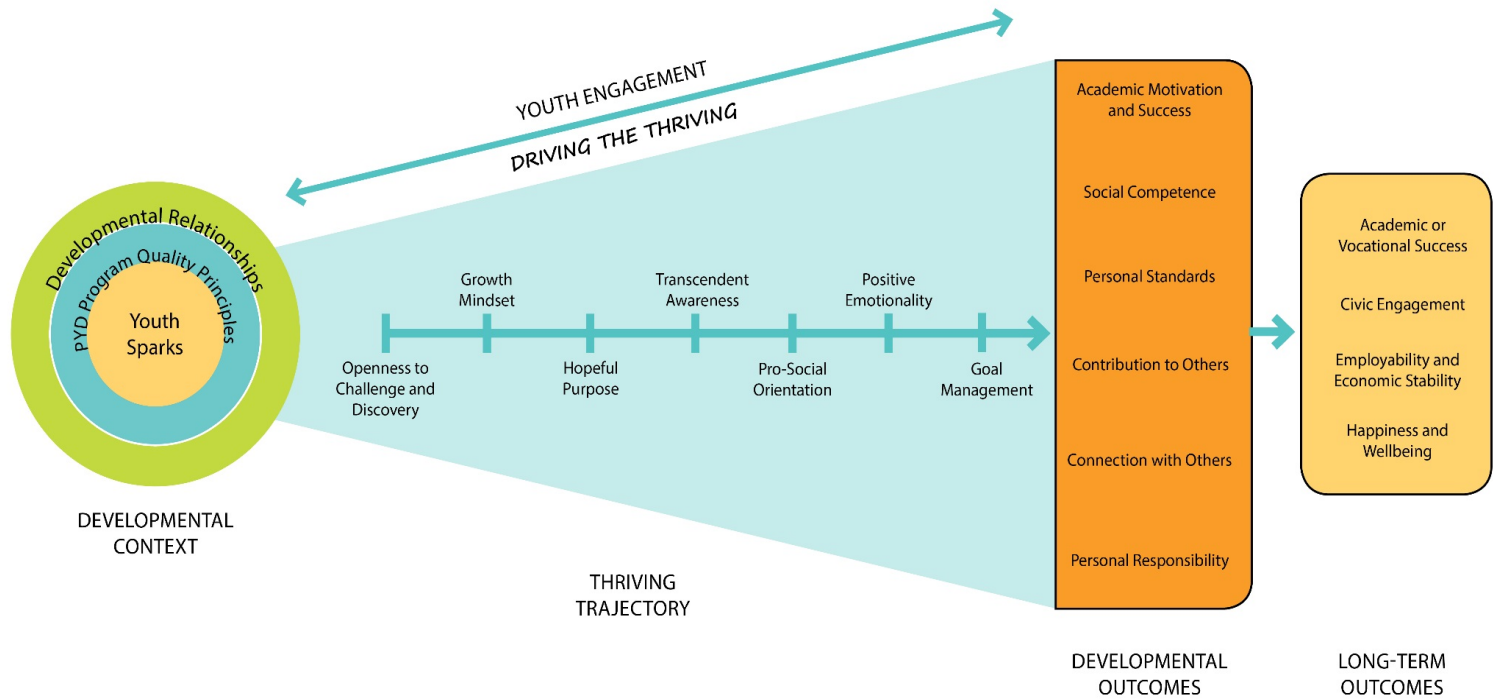
- **Connect me with people that broaden my world**
 - Inspire me to see possibilities for my future
 - Expose me to new ideas and experiences *
 - Introduce me to people who can help me grow



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The 4-H Thriving Model





The 4-H Youth Development Program is the youth outreach program from the land-grant universities' Cooperative Extension Services and the United States Department of Agriculture.

4-H Grows: A Promise to America's Kids

In 2025, 4-H will reflect the population demographics, vulnerable populations, diverse needs and social conditions of the country. This vision has the elements of inclusion, caring adults, serving at minimum 1 in 5 youth, and volunteers and staff reflect that reflect the diversity of the population.



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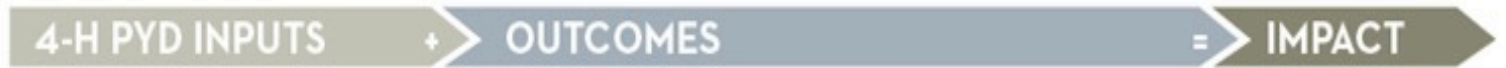


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4-H FORMULA FOR SUCCESS



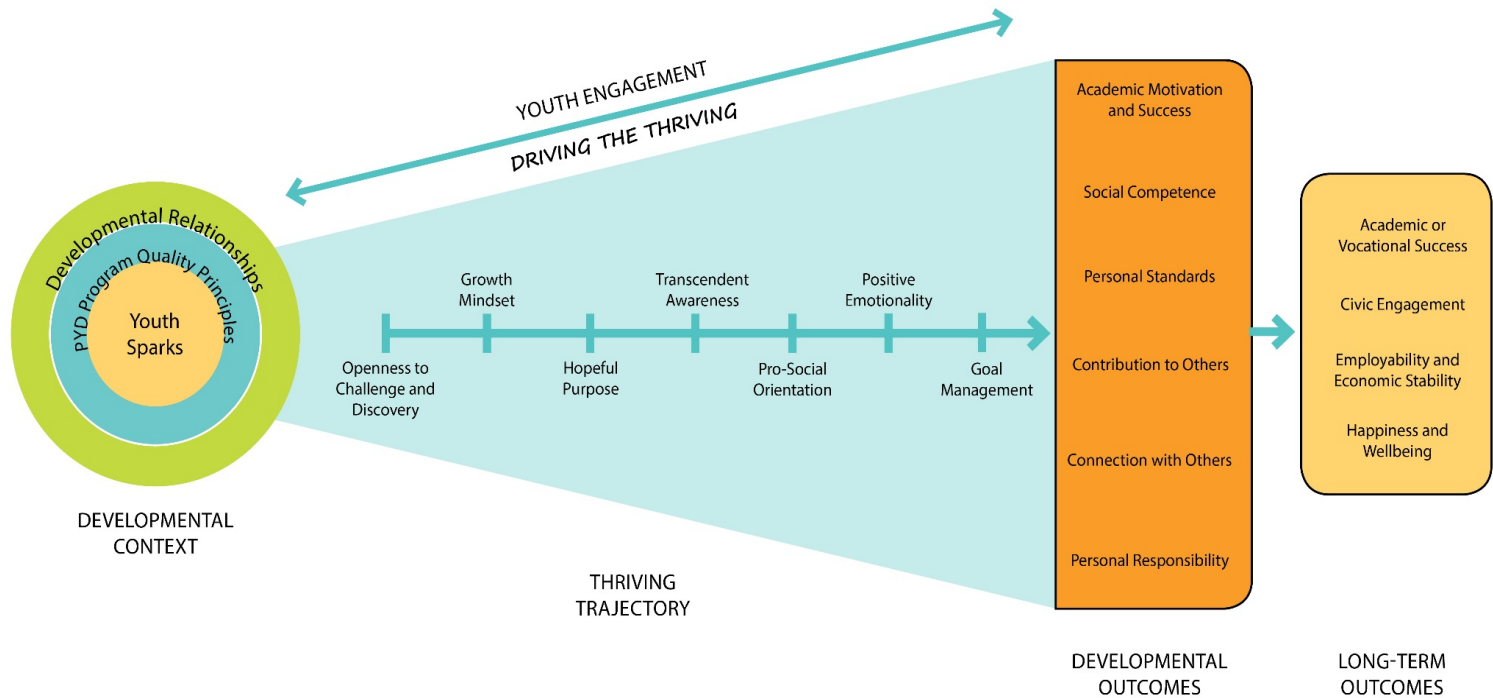
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The 4-H Thriving Model



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Why the Thriving Model?

- Builds on the findings of the 4-H Program Quality task force that revealed no consistent framework for 4-H programming across the nation (Arnold and Silliman, 2017).
- 4-H educators can develop more precise goals for 4-H program activities; goals that lead clearly to enhanced PYD.
- Ability to measure PYD outcomes in addition to content measured by Common Measures 2.0 ,



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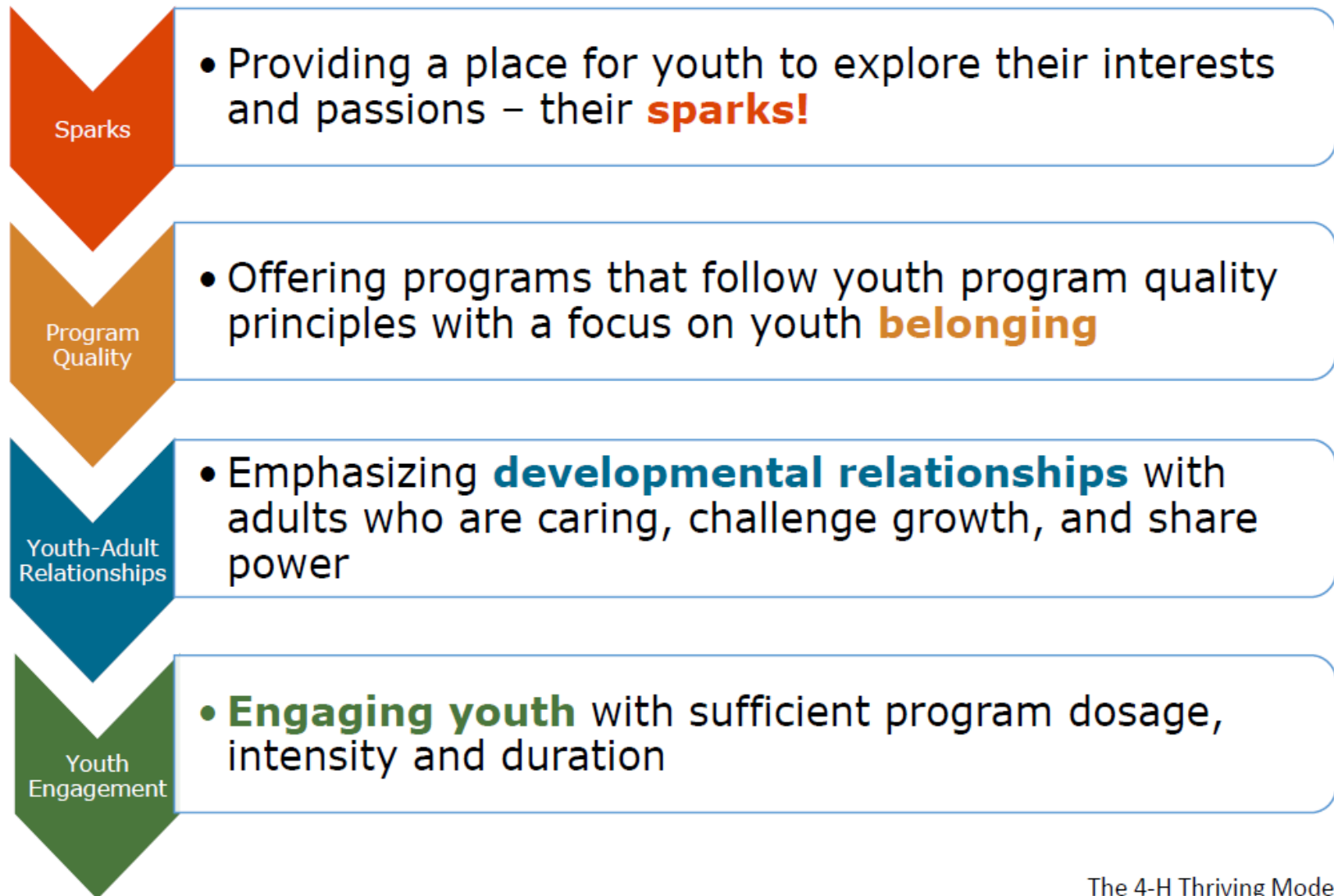
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The 4-H Developmental Context

4-H programs done well help you thrive by...





Youth who thrive because of participating in 4-H...

Achieve developmental outcomes that lead to long term 4-H program outcomes

Head

Academic or vocational success

Heart

Contribution to others through civic engagement

Hands

Employability and economic stability

Health

Happiness and well being



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Taking a Deeper Dive: *Mindfulness and Parenting Education*

When you think
of the word
mindfulness
what do you
imagine? \$



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Benefits of Connecting Mindfulness Opportunities within Parenting Education



- Strategies for learning impulse control and self regulation
- Parents can benefit too
- Families can integrate simple mindfulness strategies into their everyday routines



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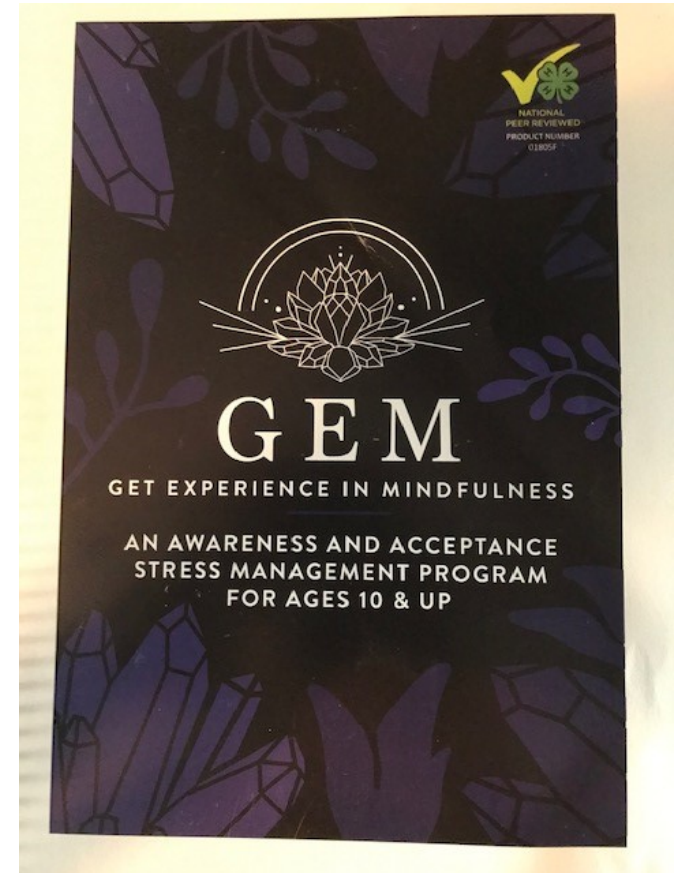
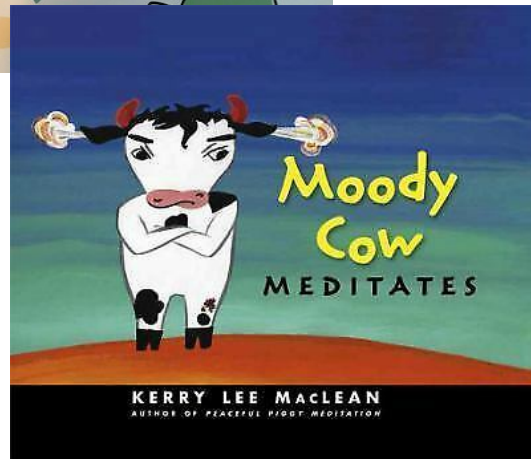
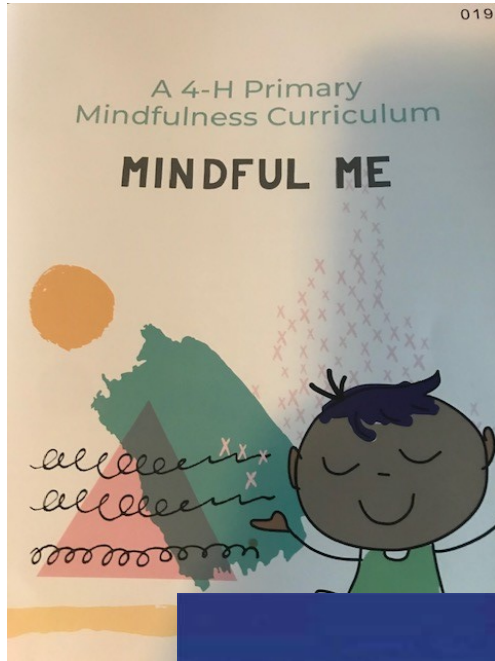


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Mindfulness and the Research Connection in 4-H Youth Development



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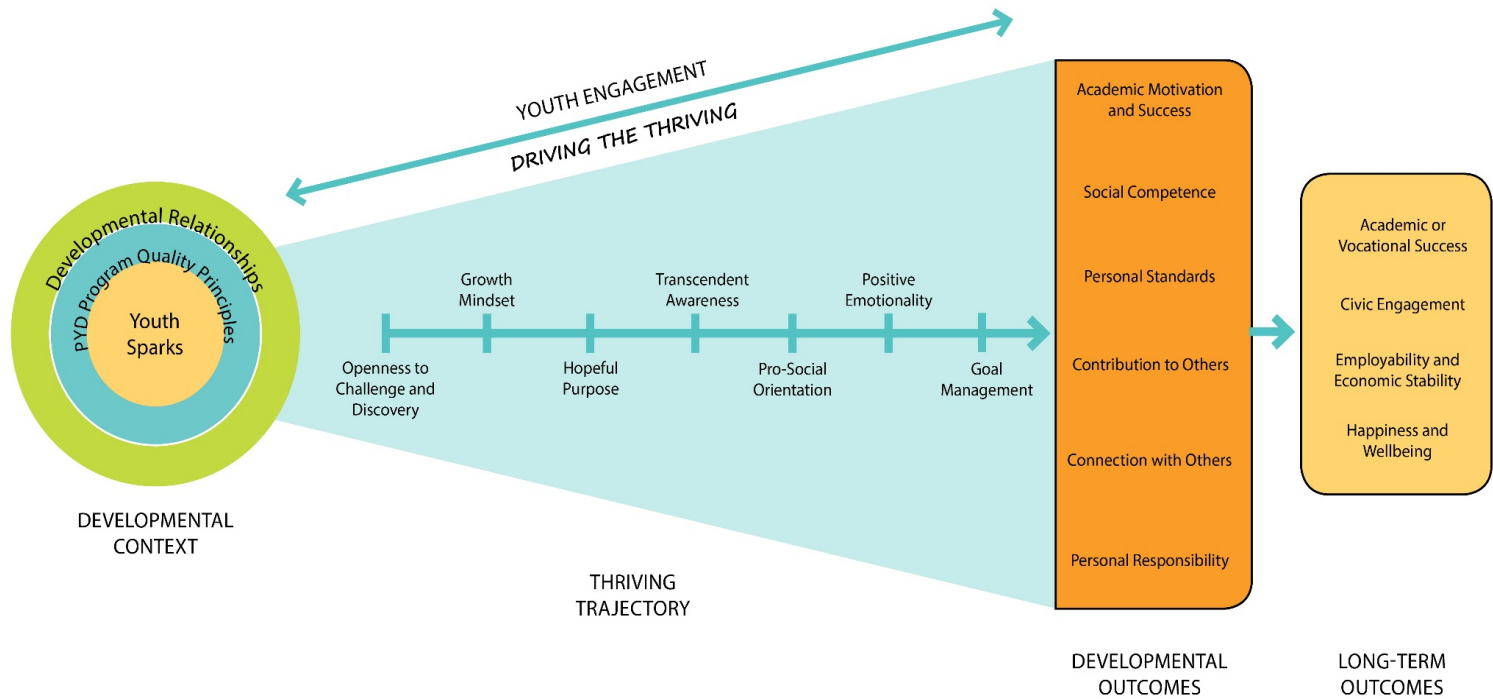
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The 4-H Thriving Model



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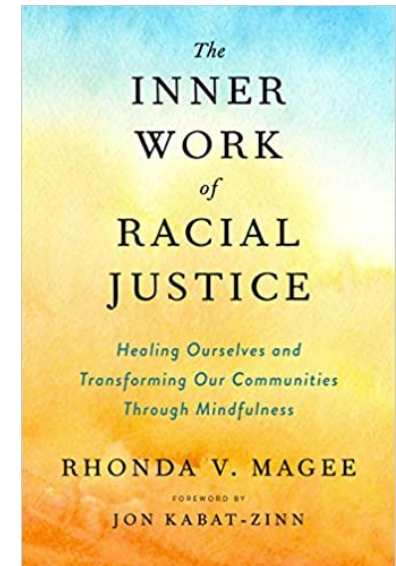


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Intersections: Mindfulness, Parenting, Education & Diversity/Equity/Inclusion



<https://youtu.be/1DPw09eTa7o>



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Breakout Room/Group Brainstorm

1. *Share one way of incorporating Mindfulness Strategies into your work as a Parenting Educator?
2. *What are you curious about or would like more information on?
3. Any challenges? *



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Ways we can use mindfulness resources to support parents



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Resources

Zero to Three: <https://zerotothree.org/resources/2268-mindfulness-for-parents>

https://www.canr.msu.edu/news/can_mindfulness_practices_strength_percent_en_your_parenting_skills

<https://fyi.extension.wisc.edu/news/2016/02/15/mindful-parenting/>

<https://www.mindful.org/mindful.org/mindfulness-in-education/>

<https://cdn.mindful.org/Mindful-Education-Guide.pdf>

Rhonda Magee on Her Inner Work of Racial Justice

<https://www.mindful.org/rhonda-magee-on-her-inner-work-of-racial-justice/>



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Resources (continued)

Mindful Me 4-H Primary Curriculum

<https://shop4-h.org/products/mindful-me-a-4-h-primary-mindfulness-curriculum>

[GEM: Get Experience in Mindfulness](#)

www.udel.edu/.../nutrition-wellness/gem

NYS 4-H YD Website (Healthy Living section of staff site)

<https://nys4-h.org/healthy-living-2>

Oregon State University Thriving Model

<https://health.oregonstate.edu/thriving-model>



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Resources (continued)

Search Institute: Developmental Relationships

<https://www.search-institute.org/developmental-relationships/>

Brene Brown- Wholehearted Parenting

<https://brenebrown.com/downloads/>

Conscious Discipline

<https://consciousdiscipline.com>



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