4-H and Parenting Education
Youth Development & Parenting Education

2020 Parenting Education In-Service
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NYS 4-H Youth Development
Goals for this Session

• Mindfulness Practice *
• Thriving Model with emphasis on developmental relationships
• Exploring Possibilities Together
From Safety & Connection...
...to Developmental Relationships

- 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?
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
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
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
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
• 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
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
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.
The 4-H Thriving Model

Developmental Relationships
- Youth Sparks
- Openness to Challenge and Discovery
- Hopeful Purpose
- Pro-Social Orientation
- Goal Management

DEVELOPMENTAL CONTEXT

Growth Mindset
Transcendent Awareness
Positive Emotionality

THRIVING TRAJECTORY

Academic Motivation and Success
Social Competence
Personal Standards
Contribution to Others
Connection with Others
Personal Responsibility

DEVELOPMENTAL OUTCOMES

Academic or Vocational Success
Civic Engagement
Employability and Economic Stability
Happiness and Wellbeing

LONG-TERM OUTCOMES

HEAD
HANDS
HEART
HEALTH

New York State 4-H
Cornell University Cooperative Extension
Oregon State University College of Public Health and Human Sciences
Oregon State University Extension Service

Bronfenbrenner Center for Translational Research
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,
The 4-H Developmental Context

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

- **Sparks**
  - Providing a place for youth to explore their interests and passions – their **sparks**!

- **Program Quality**
  - Offering programs that follow youth program quality principles with a focus on youth **belonging**

- **Youth-Adult Relationships**
  - Emphasizing **developmental relationships** with adults who are caring, challenge growth, and share power

- **Youth Engagement**
  - Engaging youth with sufficient program dosage, intensity and duration
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
Taking a Deeper Dive: *Mindfulness and Parenting Education*

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

RELAX
RELAX
RELAX

BREATHE
CLOUD GAZING

Exercise
Walk BAREFOOT

Open Mind

FORGIVE
FORGIVE

POSITIVE THINKING

Plant

Cook

Take a bath

Take the dog for a walk

Chat with friends

Listen
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
Mindfulness and the Research Connection in 4-H Youth Development
4-H FORMULA FOR SUCCESS

4-H PYD INPUTS + OUTCOMES = IMPACT

- Skill-building
- 4-H Positive Youth Development
- Long-term Caring Adult
- Meaningful Leadership
- Competence
- Confidence
- Connected
- Caring
- Character
- Contribution
- Reduced Risk Behavior

NEW YORK STATE
4-H
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HEAD HANDS HEART HEALTH
The 4-H Thriving Model

- Developmental Relationships
  - Youth Sparks
  - Openness to Challenge and Discovery
  - Hopeful Purpose
  - Pro-Social Orientation
  - Goal Management

- Transcendent Awareness
- Positive Emotionality

- Growth Mindset
- Academic Motivation and Success
- Social Competence
- Personal Standards
- Contribution to Others
- Connection with Others
- Personal Responsibility

- Thriving Trajectory
- Developmental Outcomes
- Long-Term Outcomes

- Youth Engagement
- Driving the Thriving

NEW YORK STATE
4-H

Cornell University Cooperative Extension
Oregon State University College of Public Health and Human Sciences
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Oregon State University Extension Service
Intersections: Mindfulness, Parenting, Education & Diversity/Equity/Inclusion

https://youtu.be/1DPw09eTa7o
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? *
Ways we can use mindfulness resources to support parents
Resources

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

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