4-H YOUTH DEVELOPMENT

All Educational Program Chairmen are expected to work together to integrate their programs of work when possible. This program should address the youth of Kentucky and KEHA’s bond with them. The chairmen should consider the following when planning the program of work:

• Provide a link between KEHA and Cooperative Extension Service (CES) 4-H Youth Development Program and attend Kentucky 4-H Council meetings and events. (Usually held in January, 2nd week in June, and July);

• Become knowledgeable and encourage participation in state 4-H programs such as:
  • Character Counts
  • Talking with T.J.
  • Be All You Can Be
  • Jump Into Food and Fitness
  • Health Rocks

• Encourage members to serve as volunteer 4-H leaders;

• Encourage member to be involved with 4-H events as judges, sponsors, or coordinators;

• Promote youth membership in KEHA; and,

• Encourage all Homemakers to be involved in youth activities such as; Project Graduation, family nights, violence prevention, teenage pregnancy prevention, mentoring, tutoring, drug & alcohol prevention.

Note: Specific Program of Work on following pages.
Kentucky Extension Homemakers Association
4-H Youth Development
2011 – 2014 PROGRAM OF WORK

Situation: Following an extensive “Apparel & Textile” survey of Kentucky Extension staff, volunteers, and youth, the need to offer Kentucky youth additional 4-H project opportunities in the area of “heritage skills” such as quilting, tatting and other needle crafts was revealed.

Focus: To encourage youth to develop a working understanding of and skill in using needle(s), hook and thread, yarn or floss in the areas of lacework (tatting), embroidery and quilting (machine and hand).

2011-2012
Quilting

Goals: To teach and help youth to learn the best possible skill to create quality, useful needle crafted items.
To teach youth skills they can use throughout their lives and skills that encourage critical thinking and creativity.

Objective: To pass on heritage skills to our youth through the needlework project of quilting.

Youth will learn and develop the following skills:
- Enjoy creative hands-on activities such as quilting.
- Decision-making skills; to make wise choices based on ability and available resources.
- Complete a quilting project.

Suggested Lesson:
For Homemaker Club meetings, use the 2011-2012 4-H Needlework Quilting leader lesson guide. This guide will help you to present information to an adult audience. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

For youth lessons, use the lesson plans for quilting from the 4-H Needlework-Quilting section of the curriculum. This curriculum is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman.

This lesson includes: hand and machine quilting for beginners to advance students. Specific projects can be designated by the youth participants or the Homemaker teaching the youth lesson.

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Additional Activity Suggestions:
- Use quilting word search activities from 4-H Needlework Book. Leaders will discuss words with youth and their relation to quilting.
- Have a local quilter attend a meeting to show quilts and talk about quilt history.

Special Suggested Activity:
Take a driving tour of the Barn Quilt Squares in your community.

Contest: Quilting Challenge – “Make a Pillowcase and Make a Difference”

2012 – 2013
Embroidery

Goals: To have fun while learning how to use a hand needle and thread to embellish and/or create useful, well-made items.

Objective: Encourage Homemaker Club members to educate youth on the following:
- Beginning Creative Stitchery, History and Development of embroidery techniques from the 4-H Needlework curriculum.
- Hands-on projects that can be used for relaxing and stress relief.

Youth will learn and develop the following skills:
- Use of embroidery hoop, fabric and floss.
- Basic embroidery stitches.
- Understanding and following directions.
- Patience.
- Project completion.

Suggested Lesson:
For Homemaker Club meetings, use the 2012-2013 4-H Needlework Embroidery leader lesson guide. This guide will help you to present the information to an adult audience. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

For youth lessons, use the lesson plan Teacher/Leader Material from the 4-H Needlework Book curriculum. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

This lesson includes: Redwork, Free Embroidery and Candlewicking. Specific projects can be designated by the youth participants or the Homemaker teaching the youth lesson.
Special Suggested Activity: Visit a local museum with clothing items on display to see the uses of embroidery.

Contest: Quilting Challenge – “Make a Pillowcase and Make a Difference”

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**2013 – 2014**

**Tatting**

**Goals:** To educate youth in the needlework art of lacemaking by tatting.

**Objective:** Encourage Homemaker Club members to educate youth on the following: research the history of tatting, bring samples of tatting to encourage youth.

Youth will learn and develop the following skills:
- Use a needle or shuttle and thread to make knots to create lacework.
- Patience and persistence.
- Project completion.

**Suggested Lesson:**
For Homemaker Club meeting, use the 2013-2014 4-H Needlework Tatting teacher/leader guide. This guide will help you to present the information to an adult audience. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

For youth lessons, use the lesson plan “Just a Tatter” from the Keeping 4-H in Stitches curriculum. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

Specific projects can be designated by the youth participants or the Homemaker teaching the youth lesson.

**Additional Activity Suggestions:** Tat a flower or butterfly, add a note card and mail to a special person or shut in.

**Contest:** Quilting Challenge – “Make a Pillowcase and Make a Difference”

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