



# Family Studies Project



In the family studies project, you will learn about growing and maintaining a healthy family by learning about child development, building family strengths, and managing a household. By focusing on the family, you will learn behaviors that nurture family roles, develop respect for others and their belongings, and understand the need for family rules. With a focus on child development, you will learn how children grow and develop physically, socially, mentally, and emotionally. If you choose, you can learn more about consumer skills. Responsible financial management is an important factor in successful families.

## Starting Out *Beginner*

- Learn behaviors that nurture family roles: respecting others and their belongings and understanding how to express themselves emotionally.
- Learn how to set boundaries for growth and support.
- Determine the differences between wants and needs.

## Learning More *Intermediate*

- Learn how to set family rules and that choices have consequences.
- Learn how to make a self-care plan and the importance of safety in the home.
- Learn which toys are developmentally appropriate.
- Learn money management and how to be a wise online shopper.

## Expanding Horizons *Advanced*

- Learn parenting roles and how to guide children's behavior.
- Learn how to use consensus and compromise.
- Learn to create intergenerational relationships.
- Understand the effects of screen time on children.
- Learn to understand and develop a budget.

## Inspire Kids to Do

### Explore

#### "I might like to do this."

Youth who explore a variety of interests before high school, through experiences like 4-H camps and educational events, can develop early interest in a career path and improve their academic performance.

### Learn

#### "I can do this."

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to problem-solve and collaborate.

### Practice

#### "I'm interested in this."

Youth who have participated in sustained hands-on learning and engaged with professional mentors and volunteers before entering high school are more likely to explore studies and potential career paths.

### Experience

#### "I will be this."

Real-world application is key — 91% of Kansas 4-H members have a plan for reaching their goals. Youth that have been active participants in hands-on learning, combined with strong decision-making skills, are more able to effectively navigate life.

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### Expand Your Experiences!

#### Healthy Living

- Research and make a recipe book of healthy snacks for babies, toddlers, and preschoolers.
- Research and make a book of outdoor and indoor games to play with children.
- Organize a healthy snack demonstration during a library's children's story time.
- Organize a playground clean-up day in your neighborhood.

#### Science and Agriculture

- Organize a petting zoo so that children can interact with farm animals.
- Organize a farm-to-table demonstration for a local child care center.
- Design a wheat-to-bread demonstration at your local school.

#### Community Vitality

- Volunteer in the nursery at your place of worship.
- Organize a training so that others can be CPR certified.
- Organize a used toy exchange or sale.

#### Communication and the Arts

- Volunteer to read to children at the local library.
- Volunteer to make toys and games with children at a local shelter.
- Organize a used or new coat, mitten, and sock donation booth at the local mall.
- Make an activity book for parents to play with their baby or toddler.

## Career Development

- Explore careers in family studies at Kansas State University's College of Health and Human Sciences.
- Research careers as a Family Consumer Sciences Extension Agent.
- Job shadow with a local child care provider or family financial advisor.
- Interview a Red Cross Babysitter Course trainer.

## Local Contact Information

Resources and Events	Curriculum and Resources	4-H Record Keeping	Project Exhibit Ideas
<p>Participating in educational events and learning opportunities will expand your knowledge and skills in the project area. Contact your local K-State Research and Extension office for local opportunities.</p> <ul style="list-style-type: none"><li>• Participate or compete at your local county fair.</li><li>• Compete in the 4-H FCS Judging Contest.</li><li>• Attend a local parenting class and visit with instructors.</li><li>• Attend a babysitting clinic.</li></ul>	<p>Ask about family studies related project curriculum or order directly from the <a href="#">4-H Mall</a>.</p> <p>Kids on the Grow Series:</p> <ul style="list-style-type: none"><li>• Growing on My Own</li><li>• Growing with Others</li><li>• Growing in Communities</li></ul> <p>Consumer Savvy Series:</p> <ul style="list-style-type: none"><li>• The Consumer in Me</li><li>• Consumer Wise</li><li>• Consumer Roadmap</li></ul> <p>Financial Champions Series</p> <ul style="list-style-type: none"><li>• Money FUNDamentals</li><li>• Money Moves</li></ul>	<p>Learning to keep accurate records is a life skill. The following forms can help you:</p> <ul style="list-style-type: none"><li>• <a href="#">Setting 4-H Project Goals (4H1100)</a></li><li>• <a href="#">Kansas 4-H Record Keeping</a></li></ul>	<ul style="list-style-type: none"><li>• Research and give an educational presentation on a family studies topic.</li><li>• Make a poster to demonstrate what you've learned in the family studies project.</li><li>• Prepare an exhibit showcasing children's games, educational toys, or exploring nature activities.</li><li>• Prepare a book of healthy snacks.</li><li>• Prepare an exhibit on home safety for toddlers.</li></ul>

