







CLOVER THE TRAVELING PIG

This is Clover, the traveling mascot of 4-H Clubs in Martin County,
Kentucky. As a geography, societies and culture project, Clover is traveling from the Martin County
Cooperative Extension Office in Inez,
Kentucky with help from old and new friends, throughout the United States (and beyond).

This spring, our plan is to see our 3 elementary schools (Eden, Inez, and Warfield) charting his journey on a map and learning about his journey and destinations!

First Stop: Orlando, Florida!

S.M.A.R.T. GOALS AND VISION BOARDS

Our MCMS afterschool club began their year with setting goals and creating a vision board to help them reach those goals. The S.M.A.R.T. approach to goal setting allows you to set goals that are Specific, Measurable, Attainable, Relevant and Time-Bound.

Each student set a goal for each of the 4-H's and then searched newspapers for inspiring words, phrases or photo's to help visually keep on track.

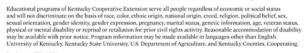
NEW YEAR, NEW PROGRAMS



We had a small preview of our Newly formed Teen Club during the Holiday Break. We created 66 Christmas Cards to give to our local nursing home residents and staff. Due to illness, we were unable to visit to deliver as a club, but we were able to enjoy coloring, drawing and creating them together. This club will be meeting periodically throughout the year working on community service projects and learning of the possibility of becoming a 4-H camp counselor. Keep your eye on our Facebook page and website for updates!

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development







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JANUARY

SAT	ω .	13	20	27	
FRI	5	72	61	26	
THU	4 MCMS Club	J] GPAP @ noon	18 Beekeepers Ø noon	25	
WED	3 Hometown Homemakers 10:30	10	17 Ag Council Meeting @ Noon	24 EDB Meeting 4:00	3]
TUE	2 Pieceful Stitchers @ 5:00	9 Pieceful Stitchers @ 5:00	16 ලිල් Pieceful Stitchers © 8:00	23 Grow Appalachia @ Noon \$ IES GLUB LOOP SHOOTH Stitchers @ 5:00	30
N O M	CLOSED	8 Heirloom Quiters @ 5:00	15 [CLOSED]	22 Heirloom Quiters	Heirloom Quilters
SUN		7	14	21	28

PARENT



HEALTH BULLETIN



JANUARY 2024

of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/content/health-bulletins Download this and past issues

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without judgment or negative response. Let your child talk about their feelings



Continued from the previous page

your child what they have heard and what questions It is helpful to lead off a conversation by asking You can better address a particular facet that is on their mind. It can also give you an opportunity to or concerns they have. This can help tailor your correct any misunderstandings that they have. conversation to answer your child's questions.

questions. Talking with kids about violence

and world conflict (like what's happening

in the Middle East and Ukraine) can be hard, but it is important. As caregivers, what's going on in the world and keep

we want to help them make sense of them away from disturbing content.

world events, or they have seen a snippet

of the evening news recently and have

erhaps your child has come home from school worried about current

ABOUT WORLD CONFLICTS

TALKING TO YOUR CHILD

THIS MONTH'S TOPIC:

make you feel, too. Fear, worry, anxiety, or stress are to repeat back to them your understanding of their Let your child talk about their feelings without feelings. It is OK to tell your child how these things normal and valid reactions to violence and chaos. judgment or negative response. It can be helpful

point out where they live so they will understand where a particular country is or where there are graphic details or real-world images if possible. Answer your child's questions as best you can with age-appropriate information. Avoid boundaries between countries. You can also t can be helpful to show children on a map how near or far they are from the war.

perspectives on why there is a conflict. This often requires some historical context.

learn about who is involved. Read multiple

an event or conflict, take some time to

Before having a conversation about

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questions later. Then you can give more information children ask for. They may come back with more about a specific concern. End the talk by telling Try to avoid giving more information than

them that you are there to protect them, help

responses for those seeing it. Consider setting strict and war. Photos and videos can produce traumatic particularly important when it comes to violence guidelines on news sites. Continued viewing can Encourage children to come to you first with media coverage. All children should have limits their questions, instead of looking online or at media and online information they see. This is to what kind of content and how much social intensify feelings for children and adults alike.

If your child asks about ways to help, consider a fundraiser. Look for positive news stories that refugees or emergency responders, or hosting nighlight ways other people are helping, too. options such as collecting supplies for local

REFERENCE:

nts/talk-about-middle-east.html























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HEALTH BULLETIN YOUTH



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HELP IN TIMES OF DISASTER THIS MONTH'S TOPIC:



feel with a grown-up you trust, like a Try not to spend too much stories at school about scary things might feel sad, fearful, or worried. It is parent, grandparent, or teacher. floods, tornadoes, or war can happen both close to home and far away. You ou may see on the news or hear stories at exhaut. always good to talk about how you going on in the world. Disasters like

time looking up news stories or and hearing about scary events posts on social media. Seeing can make you feel worse, and it does not help those who are having a hard time.

to help if a disaster happens It is good to find a way

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It feels good to help others. It feels good to know you can make a difference in the world, close to home or far away.

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close to home or affects people you know and love. There are lots of ways, both small and big, to help others in need.

acts of kindness

HAVE BU

effect.

even small

like the Red Cross and Doctors Without Borders often send trained volunteers them. You may be able to help collect There are many groups that help They are good ways to find out what people affected by disasters. Groups supplies or host a fundraiser, like a people need and how to get it to bake sale or walk-a-thon, to help. and donations to affected areas.

pondtions

there are places that need your help, such as a refugee center, shelter, or group of volunteers centers, or the YMCA. They can tell you if You may want to check with local planning to go to the affected areas. groups, like churches, community

There are other ways to help as well. You can support people who have been affected



about your plan. They can help you make contacts help and how. Talk to your parents or caregivers Make a plan that shows who you want to and set up any activities you want to do.

help others. It feels good to know you can make a action. This can help meet others' needs and have difference in the world, close to home or far away. a positive impact on you as well. It feels good to Thinking of others and acting on it is a good way to turn your concern, worry, or fear into

REFERENCE

HEALTH BULLETIN

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Bachelor's Degree or Master's Degree in the field of Family & Consumer Sciences such as: Family &

Extension Assistant, 4-H Youth Development

Nicole Hinkle

Consumer Sciences Education; Family Sciences;

Child and Family Studies; Early Childhood

Education; Child Development; Dietetics;

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