

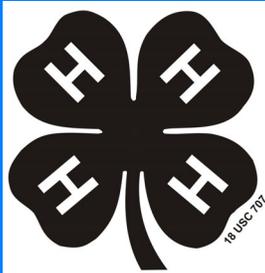
TODAY'S FUTURE

2021 4-H Online Enrollment Now Open!

Enrollment is now open for the 2021 4-H program year! Enrollment is not required for many 4-H programs and events. However, club and independent members are required to officially enroll through 4-H Online each year to maintain membership. By enrolling by the deadline, youth have the opportunity to participate in county fairs, the Nebraska State Fair, and additional statewide opportunities and events.

<https://ne.4honline.com>

Please use Google Chrome web browser to enroll in 4-H Online.



Wear Layers Being Active Outdoors

It is usually a good idea to dress in layers when you work out, no matter what time of year it is. In Nebraska, the weather can change quickly, so by wearing layers, you can always make adjustments to zip up, unzip, or remove. Reaching for your favorite t-shirt when you exercise may be habit, but cotton, once wet, has little or no insulating value.

Here are the layers you should think about wearing:

1. **The inner layer** (next to your skin). You'll want to keep your skin comfortable and dry. Look for fabrics that will transport moisture from your skin to the outer layer you're wearing. Silk and polypropylene are good fabrics.
2. **The middle layer** (temperature control). These are the adjustable garments that offer insulation even if they get damp from sweat or from rain or snow. Wool is the traditional choice, but polyester fleece materials are currently in style. They are light and come in a variety of styles and weights. In colder weather, you might layer more than one garment—such as a lightweight fleece turtleneck with a medium-weight jacket. In milder weather, a shirt or fleece vest may suffice.
3. **The outer layer** (wind and water resistance). This layer is designed to protect you from the wind and the cold chilling your skin. The traditional choice is oil-soaked canvas, nylon and rubberized-nylon jackets. Some material will allow some amount of sweat, in the form of water vapor, to pass through them without letting rain come in. For many warm-weather hikers, a reasonably priced treated nylon jacket will work fine. If you expect to be exposed to excessive wind and rain, consider wind/rain pants as well. For safety, pick brightly colored outer garments, and always wear a reflector on country roads if it's dark.

Source: food.unl.edu

Parenting Style 101

By: La Donna Werth, Extension Educator | The Learning Child

There are four well-known parenting styles, all of which can lead to a different type of child. Now, using a specific parenting style doesn't guarantee a certain type of child because we only have so much influence, but it definitely has an effect on the outcome. There is one parenting style that tends to produce children who are more self-confident, more socially competent, and less anxious, and that style is referred to as "democratic." Here are some of the tactics and results of each style:

Authoritarian Style

- firm but not warm
- expect their orders to be obeyed no matter what ("Why? Because I said so")
- children usually well-behaved, but less able to form self-regulation skills
- children tend to lack in moral-reasoning abilities due to their sense of right and wrong coming from external forces rather than internal beliefs

Permissive Style

- warm but not firm
- nurturing and communicative, but also lenient
- avoid confrontation and hesitant to stand by their rules
- children tend to have inflated sense of self
- children are often more impulsive, more likely to cause trouble in school, and more likely to be a victim of drug and alcohol abuse

Democratic Style

- firm and warm
- model respect
- promote individuality and self-assertion (they create boundaries and when those are crossed, they find out why and work together with their child to solve the problem)
- goal is to guide, not punish
- aim to raise a young adult who has self-control, problem-solving skills, emotional awareness, and solid internal beliefs

Uninvolved

- neither firm nor warm
- provide basic necessities for children, but otherwise unconcerned
- children most likely to be delinquent



Image Source: Lynn DeVries, Learning Child Educator

As I said before, one style won't automatically result in a certain type of child, but it is something to consider and reflect on. Now that you know what each consist of, what kind of parenting style do you use?

Source: Zero to Five by Tracy Cutchlow