



Martin County 4-H

January 2024 Newsletter



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!



JANUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2  Pieceful Stitchers @ 5:00	3 Hometown Homemakers 10:30	4  MCMS Club	5	6
7	8  Heirloom Quilters @ 5:00	9  Pieceful Stitchers @ 5:00	10  IES CLUB	11 GPAP @ noon	12	13
14	15 	16  Pieceful Stitchers @ 5:00	17 Ag Council Meeting @ Noon	18  Beekeepers @ noon  MCMS Club	19	20
21	22  Heirloom Quilters @ 5:00	23  Grow Appalachia @ Noon  IES CLUB  Pieceful Stitchers @ 5:00	24 EDB Meeting 4:00	25	26	27
28	29  Heirloom Quilters @ 5:00	30  Pieceful Stitchers @ 5:00	31  Cook Wild w/Venison @ 10:30			



JANUARY 2024

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

Martin County Extension Office
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THIS MONTH'S TOPIC:

TALKING TO YOUR CHILD ABOUT WORLD CONFLICTS



Perhaps your child has come home from school worried about current world events, or they have seen a snippet of the evening news recently and have 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, we want to help them make sense of what's going on in the world and keep them away from disturbing content.

Before having a conversation about an event or conflict, take some time to learn about who is involved. Read multiple perspectives on why there is a conflict. This often requires some historical context.

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



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

Let your child talk about their feelings without judgment or negative response. It can be helpful to repeat back to them your understanding of their feelings. It is OK to tell your child how these things make you feel, too. Fear, worry, anxiety, or stress are normal and valid reactions to violence and chaos. Answer your child's questions as best you can with age-appropriate information. Avoid graphic details or real-world images if possible. It can be helpful to show children on a map where a particular country is or where there are boundaries between countries. You can also point out where they live so they will understand how near or far they are from the war.

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

them that you are there to protect them, help them, and look out for their best interests.

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

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

REFERENCE:
<https://kidshealth.org/en/parents/talk-about-middle-east.html>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
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Designed by: Rusty Mansueti
Stock Images: Adobe Stock





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THIS MONTH'S TOPIC: HELP IN TIMES OF DISASTER

You may see on the news or hear stories at school about scary things going on in the world. Disasters like floods, tornadoes, or war can happen both close to home and far away. You might feel sad, fearful, or worried. It is always good to talk about how you feel with a grown-up you trust, like a parent, grandparent, or teacher.

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

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

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WHEN I WAS A BOY & I WOULD SEE SCARY THINGS IN THE NEWS, MY MOTHER WOULD SAY TO ME, 'LOOK FOR THE HELPERS. YOU WILL ALWAYS FIND PEOPLE WHO ARE HELPING.'
- FRED ROGERS ("MR. ROGERS")



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.

There are many groups that help people affected by disasters. Groups like the Red Cross and Doctors Without Borders often send trained volunteers and donations to affected areas.

They are good ways to find out what people need and how to get it to them. You may be able to help collect supplies or host a fundraiser, like a bake sale or walk-a-thon, to help.

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

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



by disaster by sending cards or encouraging notes to workers, playing, or sending well-wishes. Even small acts of kindness have an effect. It reminds others that they are not alone, and there are people who care about them.

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

Thinking of others and acting on it is a good way to turn your concern, worry, or fear into action. This can help meet others' needs and have a positive impact on you as well. 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.

REFERENCE:
<https://kiddhealth.org/en/teens/natural-disaster.html>

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ADULT HEALTH BULLETIN

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

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