



UConn 4-H MILITARY PARTNERSHIP



The gardening program held at the Naval Submarine Base NLON MWR Library was interrupted by Covid-19, but not before we were able to plant many seeds! Our helpful librarian cared for our plants until it was safe to pick them up for planting in our home gardens. The participants were able to continue discussing gardening and their at-home plants via a private Facebook group. These kids have some green thumbs!

With the importance of keeping our distance for safety, UCONN 4-H took to the mail to provide CT Air Guard military youth with at-home STEM kits. One of our favorite kits taught youth how to make ladybug necklaces with glowing antennae. Members were able to learn about ladybugs as pollinators, Battery polarity, LED lights and express themselves through art decorating their bugs. We loved seeing how they came out!



Making Memories at the MWR Library

In February, families came together at the Naval Submarine Base NLON MWR Library for a special day of scrapbooking together. We talked about what a scrapbook is, how people use them, the importance of using the right materials, and then each 4-Her created their own scrapbook along with a grown up helper. Each book was unique and full of special memories.

When school closings left even more youth home alone, UConn 4-H Military Partnership took our "4-H Home Alone" program to Facebook to help families prepare youth and cover important talking points. Through the use of fun games, images, and family interactive activities, we modified the program to be used at home by parents during this time when it is not safe to meet. Keep an eye out for the upcoming digital babysitter's class!



Home Alone Tip #4

EMERGENCY!

Even in the most prepared home, emergencies happen. One of the toughest parts of an "emergency" for newly home alone youths is determining what aid they actually need to handle the situation. Recognizing what type of emergency it is helps.

Non-Emergency Emergencies – spilling milk, losing homework, not being able to get the Wi-Fi working– these may seem like a big deal, but they are not actual emergencies. Make sure you are aware these things will happen, and they are capable of handling them by themselves until a parent comes home. Ask about their fears of what may happen when they are alone, even those that are minor, to help alleviate them and educate them on how to handle these non-emergencies.

A Small Emergency – these situations usually do require some sort of intervention, but not necessarily major help from someone outside of the home. Things like a water leak, power outage, small injury or scrape that can be clean and bandaged etc. Explain that they can reach out to a parent or trusted adult via phone for advice for these emergencies but can typically handle them at home without someone coming immediately.

Big Emergencies – These are actual emergencies – large injury to themselves or a sibling, a fire inside the house, the smell of gas, allergic reactions, unsafe weather situations like a flood or hurricane, someone trying to get into the house, etc. Discuss the action plan for what to do when a real emergency is taking place – what number to call, to always call 911 first, where is a safe family meeting place if they need to leave the home, who is a trusted neighbor to call on immediately for assistance. It is important to also be sure they know what needs to be communicated on a 911 call – try and stay calm, speak clearly, and tell the operator what happened, the address, their name and a number to contact them. Even cell phones without data or minutes can call 911, so be sure they know they should always try to call no matter what if they are in need of emergent help.

This topic can make youth feel more nervous about staying home alone. Play the attached "Is it an Emergency?" Game (from the imAlone 4-H military partnership curriculum) to prepare and gauge their feelings on handling these possible situations.