

# IMPACT



University of Idaho  
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## From a Cocoon to a Butterfly: EFNEP 4-H Works With a Disadvantaged Child

### *Situation*

A school counselor referred Aayla to EFNEP 4-H because she felt Aayla needed additional help that the school could not provide. She was a child that had moved multiple times in her young life and her mother had abandoned her. She was living with her grandmother at the time of referral. Unfortunately the grandmother had a serious weight problem that contributed to her poor health, and couldn't take care of Aayla very well. Aayla mainly took care of herself, eating mostly snack foods that didn't need preparation. She lacked friends and lagged in her academic and social skills.

### *Our Response*

An EFNEP 4-H leader started Aayla in a 4-H project by herself because Aayla didn't know any other children in the neighborhood who could come and be part of a 4-H club with her. This was probably good because she needed a lot of one-on-one attention for a while. The leader realized she needed to learn about nutrition and how to cook to be able to care for herself. Aayla liked to cook, but her diet had been very limited and she wouldn't try any new foods. When she had trouble writing in her 4-H record book because her writing and spelling skills were so poor, the 4-H leader spent extra time to teach her. The 4-H leader brought her own daughter along to Aayla's 4-H club so she could learn how to interact with other children socially.

### *Achievements*

Aayla has been in EFNEP 4-H for about 2 years and the 4-H leader and school counselor have seen an amazing improvement in Aayla since she started 4-H. Aayla knows what foods she needs to eat to stay healthy and she has learned some basic food preparation skills to help her prepare food for herself. She is now willing to try new foods and even likes some of them. Her writing skills have dramatically improved and she got a Blue Ribbon on her 4-H project this year at the fair. Even though she has had to change schools 4 times since she started 4-H, she has learned how to share and take turns with other children. She now has many friends with whom she can share 4-H. She has truly become a social butterfly.

### *For More Information*

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