



# 4-H Dairy Cattle Project



## 4-H Thrive!

Positive Youth Development

**Developing Competence**  
Adults create environments where youth can develop competence in their chosen project area.

**Building Confidence**  
Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

**Nurturing Caring**  
Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

**Finding Connection**  
Youth build solid connections which are critical to their well-being.

**Forming Character**  
Create a community where youth play an active role in developing their character.

**Determining Contribution**  
Youth actively contribute to their clubs and communities.

When youth have a passion for animals, the 4-H Dairy Cattle Project provides a great opportunity to explore their interest. From dairy poster contests, judging contests, and visual presentations to showing dairy cattle, 4-H'ers can participate in aspects of the project with or without owning dairy cattle.

The project teaches animal husbandry including selecting, feeding, and managing of dairy cattle. Developing teamwork, responsibility, and decision-making alongside both animals and people is unique to the livestock program experience. Hobbies or careers in animal agriculture enable utilization of these lifelong skills and project mastery.

### Starting Out Beginner

Join a 4-H club to meet experienced volunteers and make new friends. There is so much to learn in starting a dairy animal project. Seek opportunities in your club to volunteer for various tasks at your county show. Develop visual presentations to learn about dairy cattle topics of interest, and then share them with your club and in contests. You can promote milk with the June Dairy Month Poster Contest.

### Learning More Intermediate

Put your knowledge into practice by competing in contests and purchasing a dairy animal to show. Join a judging team in dairy cattle or dairy products judging. Be part of a Dairy Bowl team. Show your animal at the county, district, and state shows. Explore complex topics for visual presentations such as genetics or nutrition. Document project activities and goals in your record book.

### Exploring Depth Advanced

Advance your animal selection and skills in exhibiting your dairy animals by competing in regional and national shows. Share your project experience with junior 4-H'ers. Use your project record book to assess costs, milk records, and other project milestones that advanced your animal project to the highest level. Be sure to showcase your skills in the Dairy Cattle Premier Exhibitor competition.



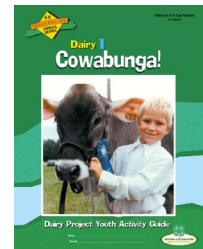
# 4-H Dairy Cattle Project

## Expand your experiences!

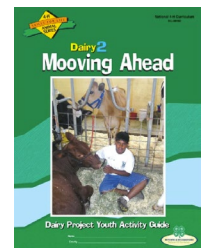


### Resources

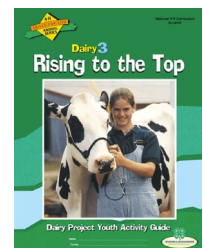
National 4-H currently offers three guides in their Dairy Cattle Series.



**Book 1 – Cowabunga** jumps into female selection, fitting and showing, and dairy management.



**Book 2 – Mooving Ahead** explores judging, health and care, nutrition, and careers.



**Book 3 – Rising to the Top** focuses on genetics and reproduction, animal welfare, dairy products, and marketing.

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### Connections & Events

**For Juniors**

Project Achievement  
Day Contests

**For Seniors**

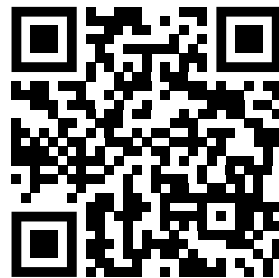
Club Congress Contests  
Premier Exhibitor  
Contest  
National Dairy Judging  
National 4-H Dairy  
Conference

**For Juniors & Seniors**

State Dairy Judging  
Dairy Cattle Princess &  
Sweetheart Contests

Contact your local  
Extension office to  
learn more.

### Curriculum



Scanning this code takes you to the National 4-H Curriculum webpage. From there you can browse the latest Dairy Cattle Project curriculum options.

### 4-H Record Book

4-H members practice skills in data collection, organization, and analysis as they document their project activities and goals in their record books. The books provide practical information as well as highlight progress made toward goals.

Juniors and Seniors can enter the state record book competition. Seniors are eligible to win a trip to National 4-H Congress for Dairy Cattle Project record books.