



On my honor, I will ... not do this alone.

Girls who have family support and participation in their Girl Scout adventures are more likely to stay, and troops excel when parents are part of the fun. Ask your troop families to volunteer four hours this year ... 4Her!

Make families feel welcome

Studies show that many potential troop helpers think they're not needed or don't know how to pitch in. Within the same troop, leaders sometimes wonder why no one helps out! End the confusion by making clear, warm requests for help. This guide will provide resources and tips to get started.

Family volunteers can ...

- Provide special talents and skills that enrich the troop experience.
- Take significant pressure off the primary troop leaders.
- Provide logistical support — like driving help — so the troop can enjoy more adventures.
- Become engaged in a meaningful way with the troop, leading to greater understanding of Girl Scout leadership goals.
- Directly witness their girl's growth in Girl Scouts.
- Show their girl that volunteerism helps make the troop community successful, and sets the stage for her own future volunteerism.
- Show their girl that what matters to her, matters to the family.
- Create a volunteer troop labor pool that is more organized, reliable and engaged.
- Model a team of resourceful collaboration with others to achieve a common goal. What a great thing for girls to see!

Share the mission

You know Girl Scouts is more than crafts and camping. But, especially if they're new to Girl Scouts, parents or guardians may not realize it's a leadership experience. At a parent meeting, tell them about our mission and the long-term benefits of Girl Scouts. See the graphic in the Family Guide. Tell them how we achieve those outcomes by using these processes: girl-led, learning by doing and cooperative learning.

Provide “CPR” for a healthy troop!

Don't wait till your troop — or your own energy — is on life support! Use this acronym to remember critical points:

- C**ommunicate needs and expectations
- P**rovide options for participation
- R**ecognize troop volunteers — and their girls

Communicate needs and expectations

Provide the 4Her Commitment Flyer or a sign-up sheet at a parent/guardian meeting. Hold the meeting early in the year, so you can get all tasks covered. Don't be afraid to say that you can't do it all yourself. Help volunteers know the specifics of tasks they're considering.

When they've decided, give clear instructions and deadlines, so there's no misunderstanding. Let them know it's OK to ask for additional information. Ask for confirmation and provide friendly reminders if needed. This takes a little investment of time at first, but you'll develop a routine that improves each year.

Provide options for participation

Use the menu of possible positions on the 4Her Commitment Flyer, or create your own sign-up sheet. Give enough detail so each volunteer can find their best fit. Need another type of help? That's OK — write up a quick description!

Be flexible to engage even the busiest families. Grandparents, older siblings or any qualified adult can pitch in.

Check the Family Info Sheet, and see who has talents, hobbies or occupations that might fit the girls' needs. Engage that person in a way that helps them shine!

Recognize troop volunteers — and their girls

Here are a few ways to recognize the completed promise of four or more hours of family service to the troop. You can use one method, or more. Perform recognitions at any troop meeting, or at a Court of Awards ceremony.

- 4Her Appreciation Certificate, perhaps presented by the girl to the volunteer. Download and print at sdgirlscouts.org/forms.
- 4Her Patch, presented to the girl. Available at your nearest GSSD shop.
- A thank-you note, signed by all the girls in the troop, or a special note from you.
- Other tokens of appreciation — you can find many clever ideas on GSSD's Pinterest board.

Public recognition generates pride in the girl and her family, and can motivate others to jump in.

