



Troop Leader Guide

for Building Parent and Family Support

Ask your parents and other family members to promise 4 Hours, 4 Her!

The “4Her Promise” is an open door for parents and family members to participate in Girl Scouts with their daughters and support their troop. It can build a solid support base and strengthen a girl’s chances of longevity with her troop. Girls who have family support and participation in their Girl Scout adventures are more likely to stay in Girl Scouts. And parents/guardians want to ensure their girl feels supported. In fact, one out of four people say they don’t volunteer because no one asked them to—so, let’s ask the parents we know!

Set Expectations and Build a Network of Support

- Hold a parent and family meeting early on to build a network of success and set an expectation for everyone.
- Encourage parents and family helpers to register as Girl Scout members, under the Troop Family and Friends Volunteer option. And keep in mind it’s a required step for many support roles. Begin at girlscoutsaz.org/waystovolunteer.
- Invite families to participate with a minimum of four hours and provide a wide variety of options and tasks to choose from. See next section.
- Provide flexible volunteer schedules—let families choose between four hours per day, week, month or year!
- Request that everyone put their commitment in writing with the “4Her Promise” parent handout . Be sure to clearly communicate that volunteers are required to register as a member and that some roles require background checks.
- Stay in communication by creating a troop calendar, budget and plan for updating parents.

Delegate Tasks – Large and Small – for Parents and Families to Help With

- Manage the troop cookie program as Troop Cookie Manager*
- Manage troop funds and bank account as the Troop Finance Manager*
- Become a Certified Troop Camper* and chaperone camping and other outdoor adventures
- Help as a Chaperone* for field trips, activities and other events.
- Become a Co-Leader*! Work alongside the awesome Troop Leader to help girls grow into G.I.R.L.s!
- Be the troop’s Communication Coordinator—share troop news with families and Service Unit

Recognize and Retain

- Ask parents and families about their satisfaction with the project or task they took on, and for their ideas to improve the volunteer experience.
- Publicly thank and recognize each girl and her family when they fulfill the 4Her Promise.
- Take it a step further and build a stronger support system by including families in the troop’s special events and celebrations.



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Girl Scout Troops rely on parent and family support for girls to receive the best experience possible. Troop Leaders have committed to provide primary guidance, support and planning, but we’re asking all families to help when possible.

What Can a 4-Hour Promise Do?

- The 4Her Promise is an open door to participation for parents and family members. Your girl’s troop can accomplish so much more, with just a little help.
- Provide a solid support base and strengthen a girl’s chances of longevity with the troop—leaders have reported lack of parent support as the number one reason troop members quit.
- Significantly increase communication—and camaraderie—among all the troop’s families.
- Witness your daughter develop leadership skills in Girl Scouting.

Customize Your Role

On the back of this flier is a list of ways to support your troop this year. Please indicate how you plan to help and return the top portion of this flier to your Troop Leader. Fill out the tear-off below and keep it for your reference. All family members are invited to participate!



My Promise 4Her

Please complete this section and keep it with you as a reminder of your commitment to support your troop this year!

I promise to contribute to the success of Girl Scout Troop _____ this year by volunteering at least four hours of my time.

ADULT NAME _____ GIRL NAME _____

HOW I'LL HELP _____

Yes! I can help!

All adults who help the troop regularly, have regular contact with girls, transport girls, or handle troop funds must complete the annual \$25 Girl Scout member registration, selecting the Troop Family and Friends Volunteer option, and complete a background check. And we encourage all adults to register as members regardless of role.

Place a checkmark in the boxes next to the things you can do to help. Please return this section to your Troop Leader.

ADULT NAME _____ GIRL NAME _____

TROOP # _____ PHONE _____ EMAIL _____

Yes, I can do this!	Volunteer Opportunity	Description
	Communication Coordinator	Share troop news with your families and Service Unit. Coordinators may choose to create a newsletter, closed Facebook group, online portal, or other private method of communicating about the troop.
	Shopper and Prepper	Shops for troop supplies, snacks, refreshments. Manages snack and refreshment calendar and preps as needed.
	Game Leader*	Learns and teaches games for the girls to play.
	Song Leader*	Shares a musical talent with girls by researching and teaching them Girl Scout songs.
	Subject Matter Expert* (SMEs)	Individuals with careers, hobbies, skills, unique interests or talents who shares them with the girls through a meeting, program or badge session.
	Tagalong Activities*	Watches siblings or other children while Troop Leaders/volunteers focus on the troop, as appropriate.
	Helper*	Provides general support to leaders during meetings.
	Event Coordinator	Coordinates logistics, venue set-up, reservations, entertainment, décor, food and marketing for special troop events.
	Other	Create your own volunteer opportunity.
	Troop Co-Leader*	Provide regular support to the troop and attend all meetings.
	Activities Leader*	Assist in leading activities, like badge work, craft projects, or other on an as needed basis.
	Troop Finance Manager*	Supports leader with budget, collection, deposits and payments of troop funds.
	Troop Cookie Manager*	Provides girls and families support during cookie season. Responsible for cookie orders and pick-up, booth sale sign-ups, cookie finances, girl recognition and other cookie program responsibilities.
	Certified Troop Camper*	Prepares for and guides girls through camp outings or other outdoor adventures.
	Ceremony and Recognition Coordinator*	Works with leaders to plan troop ceremonies, such as investiture, bridging and awards.
	Chaperones*	Supervises during field trips, activities or other events.
	Driver*	Transports girls to field trips, camps or other event locations. Must be 21+ and have a valid driver's license and vehicle insurance.



*Roles requiring registration, background check and training

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- Help build a solid support base and strengthen a girl's chances of longevity with the troop—leaders have reported lack of parent support as the number one reason for quitting.
- Communication between you and other troop families significantly increases.
- Witness your daughter develop leadership skills in Girl Scouting.
- We encourage every family helper to register as Girl Scout members, under the Troop Family and Friends Volunteer option, although it is only required for certain volunteer roles. Start at girlscoutsaz.org/waystovolunteer.