



4-H Child Development Project



Are you Into It?

Do you like taking care of children or babysitting then this project is for you!

This 4-H project is designed to help you explore the world of child development. From discovering how children develop to creating safe places to grow to learning leadership skills, you are bound to love all the opportunities available with child development projects.

- Learn basic skills needed as babysitters, adults, and potential parents.
- Identify characteristics of children ages birth to six.
- Discover more about yourself and others.

Here's what you can do all year!

Starting Out Basic

- Investigate ways people grow (mentally, socially, emotionally, and physically)
- Appreciate differences in yourself and others
- Observe how people express emotions
- Learn about responsibility and self-motivation
- Identify home safety hazards
- Keep children safe from toys that are choking hazards

Learning More Intermediate

- Learn to plan fun and safe home-alone activities
- Sort and select age-appropriate toys for babies, toddlers, and preschoolers
- Discover healthy food choices in planning and making meals.
- Explore safety concerns as a home inspector
- Learn about the expectations of a parent
- Create a record of hours of care given
- Identify bullying behaviors

Expanding Horizons Advanced

- Spend a day with a child-care professional
- Learn child guidance and discipline techniques
- Learn about disabilities and special needs of children
- Study a public building to evaluate accessibility for persons with disabilities
- Learn about parenting roles and responsibilities
- Observe a child's physical, cognitive, emotional, and social skills
- Develop critical thinking skills in response to emergency situations

Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started

Citizenship/ Leadership

- Collect puzzles, games, and toys for a local child care center
- Create and deliver a coupon booklet with things you will do with a child
- Assess the safety of a community

Communication

- Read books or stories you have written to younger children
- Create a puppet show to teach children street smart safety tips
- Visit with Cloverbud members about their county fair projects

Healthy Living

- Volunteer to spend time babysitting a friend or family member's child
- Plan a nutritious meal for your family
- Make and upload a YouTube video of fun exercises to help others stay healthy at home

Science

- Calculate appropriate youth to adult supervision ratio for multiple ages
- Measure accountability of a public facility for persons with disabilities



Expand Your Experiences in Child Development

- Contact your County Extension office to participate in local child development project workshops and babysitting camps
- Enroll in first aid training for children and babysitter training courses through the American Red Cross: redcross.org/take-a-class
- Consult a dietitian to see how to plan and prepare nutritious meals for children with special diets
- Invite a fire chief to talk to you and your club about fire safety at home and while babysitting
- Develop your own babysitting business or organize a free one-day child care service for holiday shoppers or parents during parent-teacher conferences
- Apply to be a Junior Camp Counselor (Counselor in Training) at a Florida 4-H Camping Center when you are 15-18 years old: florida4h.org/camps/
- Apply to be a summer staff member at a Florida 4-H Camping Center after you graduate from high school: florida4h.org/getinvolved/
- Attend Florida 4-H University and participate in workshops, listen to motivational speakers, and participate in a community service project: florida4h.org/programsandevents/
- Interested in a college education in the area of education, nursing, pediatrics, extension, physical therapy, or family counseling? Schedule a visit at the University of Florida to learn more: ufl.edu/admissions/

Project Sharing Ideas

- Develop a "Me" Collage displaying pictures of you, your favorite things, and what makes you special
- Create a display of a choke-tube tester and toys that are safe and unsafe
- Illustrate how to make a family job chart
- Share a diary of all the changes a small child goes through after observing them for a few months
- Create a game or puzzle to use with children and share the results
- Showcase a book you have written, illustrated, and shared with children

Resources

4-H Project Resources

Project materials to assist youth in learning may be available through your county 4-H office or you can order directly. Available at National 4-H: www.4-hmall.org

- Growing on My Own
- Growing with Others
- Growing in Communities

Available at IFAS bookstore: ifasbooks.ifas.ufl.edu

- Babysitting Savvy Member guide and Leaders guide

Available online:

4-hmilitarypartnerships.org/

- "I Have What it Takes to Be Your Babysitter"

Connections and Events

Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be.

Attend Red Cross First-Aid and Babysitting Training redcross.org/take-a-class

Attend local 4-H opportunities dealing with child development and babysitting.

Become a camp counselor for your local and state 4-H camp.

Attend other statewide events. Check them all out at florida4h.org

Record Keeping

Learning to take good records of what you do and what you spend for your project is a 4-H life skill.

The following record keeping forms can help you keep a record of your activities.

Project Report Forms can be found at florida4h.org

- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-18)
- Financial Summary
- Building My 4-H Portfolio (ages 8-13)

Awards and Recognition

Florida's Recognition Program involves feedback through:

- Participation
- Setting Goals
- Meeting Standards
- Peer Competition
- Cooperation

Certificates, pins, ribbons, trophies, trips and/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

To learn more about current recognition opportunities visit the Florida 4-H website at florida4h.org or contact your county 4-H agent.

Learn more at florida4h.org
or contact your local UF/IFAS Extension County Office

4-H
GROWING TOGETHER