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!

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<th>Starting Out</th>
<th>Learning More</th>
<th>Expanding Horizons</th>
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<tr>
<td>Basic</td>
<td>Intermediate</td>
<td>Advanced</td>
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<tr>
<td>Investigate ways people grow (mentally, socially, emotionally, and physically)</td>
<td>Learn to plan fun and safe home-alone activities</td>
<td>Spend a day with a child-care professional</td>
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<td>Appreciate differences in yourself and others</td>
<td>Sort and select age-appropriate toys for babies, toddlers, and preschoolers</td>
<td>Learn child guidance and discipline techniques</td>
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<td>Observe how people express emotions</td>
<td>Discover healthy food choices in planning and making meals.</td>
<td>Learn about disabilities and special needs of children</td>
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<td>Learn about responsibility and self-motivation</td>
<td>Explore safety concerns as a home inspector</td>
<td>Study a public building to evaluate accessibility for persons with disabilities</td>
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<td>Identify home safety hazards</td>
<td>Learn about the expectations of a parent</td>
<td>Learn about parenting roles and responsibilities</td>
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<td>Keep children safe from toys that are choking hazards</td>
<td>Create a record of hours of care given</td>
<td>Observe a child’s physical, cognitive, emotional, and social skills</td>
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<td>Identify bullying behaviors</td>
<td>Develop critical thinking skills in response to emergency situations</td>
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Learn more at florida4h.org or contact your local UF/IFAS Extension County Office
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/

### 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.

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