



4-H CHILD DEVELOPMENT PROJECT



4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Child development project skills are the skills related to the child development content area we expect youth to gain cognitively, emotionally, physically and socially as a result of being involved in the "Kids on the Grow!" project. Specifically, this Kids on the Grow! Project is intended to improve youth's:

- Knowledge and understanding of human growth and development.
- Self-care, sibling care and babysitting skill development.
- Exposure to child development careers.
- Understanding of critical issues related to developing healthy relationships and parenting skills.

Starting Out *Beginner*

- Learn the four areas of growth and development.
- Learn how to create an environment for learning.
- Set boundaries for growth and support.
- Learn their roles in their families and among their friends.
- Explore way to express themselves emotionally.
- Learn how people are similar and different.

Learning More *Intermediate*

- Learn how to make a self-care plan.
- Learn which toys are developmentally and age-appropriate for youth.
- Learn the characteristics and importance of friends and family.
- Do an activity to learn how people see and respond differently.
- Learn the importance of safety with others and in the home.

Exploring Depth *Advanced*

- Explore careers in child development.
- Interact with young children to study their developmental skills.
- Observe and evaluate TV programs and commercials aimed at kids.
- Learn how children with different abilities have different needs.
- Learn techniques in guiding children's behavior.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Healthy Living

- Learn how to make healthy food choices with younger youth
- Learn the importance of exercise for growth and development
- Take a first aid or safety class to learn how to treat minor injuries

Science, Engineering, and Technology

- Design a toy with imagination.
- Make a bubble mixture. Explain the scientific way bubbles work

Citizenship

- Learn how to take responsibility for community safety
- Complete a service learning project
- Organize a toy drive
- Collect puzzles, games, and toys for a local child care center

Leadership

- Plan and organize a Cloverbud Day Camp
- Organize a toy drive and donate items to children in the community
- Contact your County Extension office to participate in local child development project workshops and babysitting camps

Resources

- A Guide to the Business of Babysitting
urbanext.illinois.edu/babysitting/
- Careers in Child Development
<http://www.child-development-guide.com/careers-in-child-development.html>

Connections & Events	Curriculum	4-H Record Book
<p>Presentation Days – Share what you’ve learned with others through a presentation.</p> <p>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • Child Development http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx • 4-H/Army Child & Youth Services http://4hmilitarypartnerships.org/resources/curriculum/youth_babysitting/StudentBabySittingWS.pdf 	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit http://ucanr.edu/orb/</p>

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