**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.

<table>
<thead>
<tr>
<th><strong>Starting Out</strong></th>
<th><strong>Learning More</strong></th>
<th><strong>Exploring Depth</strong></th>
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<tbody>
<tr>
<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
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<tr>
<td>- Learn the four areas of growth and development.</td>
<td>- Learn how to make a self-care plan.</td>
<td>- Explore careers in child development.</td>
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<tr>
<td>- Learn how to create an environment for learning.</td>
<td>- Learn which toys are developmentally and age-appropriate for youth.</td>
<td>- Interact with young children to study their developmental skills.</td>
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<tr>
<td>- Set boundaries for growth and support.</td>
<td>- Learn the characteristics and importance of friends and family.</td>
<td>- Observe and evaluate TV programs and commercials aimed at kids.</td>
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<td>- Learn their roles in their families and among their friends.</td>
<td>- Do an activity to learn how people see and respond differently.</td>
<td>- Learn how children with different abilities have different needs.</td>
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<td>- Explore way to express themselves emotionally.</td>
<td>- Learn the importance of safety with others and in the home.</td>
<td>- Learn techniques in guiding children's behavior.</td>
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<td>- Learn how people are similar and different.</td>
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</tbody>
</table>

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

Connections & Events

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.
Contact your county 4-H office to determine additional opportunities available, such as a field day.

Curriculum
- 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

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit
http://ucanr.edu/orb/

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

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Author: J. Christenson