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.

### 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.

### 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.

### 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

**Flex Their Brain**

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

**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

### 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

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

Connections & Events

<table>
<thead>
<tr>
<th>Presentation Days</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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<tbody>
<tr>
<td>Share what you’ve learned with others through a presentation.</td>
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<tr>
<td>Field Days</td>
<td>Child Development</td>
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<tr>
<td>At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td><a href="http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx">http://www.4-hmall.org/Category/4-hcurriculum-child-development.aspx</a></td>
<td>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.</td>
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<tr>
<td>Contact your county 4-H office to determine additional opportunities available, such as a field day.</td>
<td>4-H/Army Child &amp; Youth Services <a href="http://4hmilitarypartnerships.org/resources/curriculum/youth_babysitting/StudentBabySittingWS.pdf">http://4hmilitarypartnerships.org/resources/curriculum/youth_babysitting/StudentBabySittingWS.pdf</a></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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</tbody>
</table>

Resources

- A Guide to the Business of Babysitting [urbanext.illinois.edu/babysitting/](http://urbanext.illinois.edu/babysitting/)