



Consumer and Family Science

# 4-H Child Development

## North Dakota 4-H Project Sheet

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.



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

### Communication

- Read books or stories you have written to younger children.
- Create a puppet show to teach children home safety tips.
- Give a demonstration or illustrated talk at the club level about a child-development topic.

### Citizenship

- Collect puzzles, games and toys to 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 playground and work for changes .

### Leadership

- Organize a toy drive and donate items to children in the community.
- Contact your county social services agency to donate clothing from your 4-H club to a needy family.
- Create a family job chart.

### Entrepreneurship

- Develop your own baby-sitting business or organize a free one-day child-care service for holiday shoppers or parents during parent-teacher conferences.

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- Learn basic skills needed as baby sitters, adults and potential parents.
- Identify characteristics of children ages birth to 6.
- Discover more about yourself and others.

## Here's what you can do all year!

Starting Out Basic/Level 1	Learning More Intermediate/Level 2	Expanding Horizons Advanced/Level 3
<ul style="list-style-type: none"> <li>• Investigate ways people grow (mentally, socially, emotionally and physically).</li> <li>• Celebrate differences in yourself and others.</li> <li>• Learn about responsibility and self-motivation.</li> <li>• Identify home safety hazards.</li> <li>• Keep children safe from toys that are choking hazards.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to plan fun and safe home-alone activities.</li> <li>• Sort and select age-appropriate toys for babies, toddlers and preschoolers.</li> <li>• Identify children's strengths and talents to work effectively in teams.</li> <li>• Discover healthful food choices in planning and making meals.</li> <li>• Explore safety concerns as a home inspector.</li> <li>• Develop rules for unsafe situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore careers in the child development field and job shadow professionals.</li> <li>• Learn child guidance and discipline techniques.</li> <li>• Learn about disabilities that create special needs for children and adults.</li> <li>• Study a public building to evaluate accessibility for people with disabilities.</li> <li>• Learn about parenting roles and responsibilities.</li> <li>• Observe a child's physical, cognitive, emotional and social skills.</li> </ul>

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.



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### Here are other opportunities to explore child development:

- Apply to be a summer staff member at 4-H camp near Washburn, N.D.
- Showcase child-development exhibits at the county and State Fair.
- Enroll in first-aid training for children and baby sitter training courses through the American Red Cross.
- Consult a dietician to see how to plan and prepare nutritious meals for children with special diets.
- Invite a fire chief to talk to you and your friends about fire safety at home and while baby-sitting.
- Attend the North Dakota Extension Youth Conference and attend workshops, listen to motivational speakers and participate in a community service project; bring ideas back to your club and community.
- Interested in a college education in the area of child growth and development? Schedule a visit with NDSU's Department of Human Development and Family Science, [www.ndsu.edu/hdfs/](http://www.ndsu.edu/hdfs/).



### Exhibit 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.
- Prepare an age-appropriate scavenger hunt and display the results.
- Demonstrate the development of a fun and safe home-alone plan/chart.
- Rate the safety and appropriateness of various toys for babies, toddlers and preschoolers.
- Demonstrate the steps involved in planning for and preparing healthful meals for children.
- Show how to inspect a home using a home safety checklist.
- Create a poster that rates the safety of community playgrounds.
- Develop a checklist for parents to use to evaluate children’s television shows.
- Create a portfolio that illustrates a child’s developmental ages and stages.
- Prepare a poster showing the pros and cons of a discipline technique.

#### 4-H Resources

- 4-H Child Development Curriculum — [- I have what it takes to be your babysitter!](#)

#### Other Resources

- CYFERnet — [www.cyfernet.org](http://www.cyfernet.org)
- National Network for Child Care — <https://www.ccrcca.org>
- NSDU Extension — [www.ag.ndsu.edu/ndsug/family](http://www.ag.ndsu.edu/ndsug/family)
- U.S. Consumer Product Safety Commission — [www.cpsc.gov](http://www.cpsc.gov)
- North Dakota Red Cross [www.northcentralredcross.org](http://www.northcentralredcross.org)

#### Recordkeeping

- Planning for My Project Adventure — [www.ndsu.edu/fileadmin/4h/pa093.pdf](http://www.ndsu.edu/fileadmin/4h/pa093.pdf)
- ND 4-H Project Plan — [www.ndsu.edu/fileadmin/4h/pa095.pdf](http://www.ndsu.edu/fileadmin/4h/pa095.pdf)
- ND 4-H Plan of Action — [www.ndsu.edu/fileadmin/4h/pa096.pdf](http://www.ndsu.edu/fileadmin/4h/pa096.pdf)
- ND 4-H Participation Summary for 11- to 19-year-olds — [www.ndsu.edu/fileadmin/4h/pa098Fillable.pdf](http://www.ndsu.edu/fileadmin/4h/pa098Fillable.pdf)

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