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 6.
- Discover more about yourself and others.

### Here’s what you can do all year!

<table>
<thead>
<tr>
<th>Starting Out Basic/Level 1</th>
<th>Learning More Intermediate/Level 2</th>
<th>Expanding Horizons Advanced/Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investigate ways people grow (mentally, socially, emotionally and physically).</td>
<td>Learn to plan fun and safe home-alone activities.</td>
<td>Explore careers in the child development field and job shadow professionals.</td>
</tr>
<tr>
<td>Celebrate 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>
</tr>
<tr>
<td>Learn about responsibility and self-motivation.</td>
<td>Identify children’s strengths and talents to work effectively in teams.</td>
<td>Learn about disabilities that create special needs for children and adults.</td>
</tr>
<tr>
<td>Identify home safety hazards.</td>
<td>Discover healthful food choices in planning and making meals.</td>
<td>Study a public building to evaluate accessibility for people with disabilities.</td>
</tr>
<tr>
<td>Keep children safe from toys that are choking hazards.</td>
<td>Explore safety concerns as a home inspector.</td>
<td>Develop rules for unsafe situations.</td>
</tr>
</tbody>
</table>

### 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.

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

Updated 8-2019
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/).

<table>
<thead>
<tr>
<th>4-H Resources</th>
<th>Other Resources</th>
<th>Recordkeeping</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 4-H Child Development Curriculum — I have what it takes to be your babysitter!</td>
<td>- CYFERnet</td>
<td>- Planning for My Project Adventure (PA093)</td>
</tr>
<tr>
<td></td>
<td>- National Network for Child Care</td>
<td>- ND 4-H Project Plan (PA 095)</td>
</tr>
<tr>
<td></td>
<td>- NDSU Extension — Children, Families and Finances</td>
<td>- ND 4-H Plan of Action (PA096)</td>
</tr>
<tr>
<td></td>
<td>- U.S. Consumer Product Safety Commission</td>
<td>- ND 4-H Participation Summary for 11- to 19-year-olds (PA098)</td>
</tr>
<tr>
<td></td>
<td>- North Dakota Red Cross</td>
<td></td>
</tr>
</tbody>
</table>

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

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.