



## CHILD DEVELOPMENT PROJECT AREA



*This 4-H project is designed to help you explore the world of child development. From discovering how children develop, creating safe places to grow, to learning leadership skills, you are bound to love all the opportunities available with child development projects!*

### Ideas for Project Area Learning

- Investigate the ways people grow.
- Celebrate differences in yourself and others.
- Observe how people express emotions.
- Learn about responsibility and self-motivation.
- Identify home safety hazards.
- Keep children safe from toys that are choking hazards.
- Learn to plan some fun and safe home-alone activities.
- Sort and select age-appropriate toys for babies, toddlers and preschoolers.
- Identify children's strengths and talents to work effectively in teams.
- Discover healthy food choices in planning and making meals.
- Explore safety concerns by inspecting your own home.
- Explore careers in the child development field and job shadow professionals.
- Learn child guidance and discipline techniques.
- Learn about disabilities that create special needs for children and adults.
- Study a public building to evaluate accessibility for persons with disabilities.
- Learn about parenting roles and responsibilities.
- Observe a child's physical, cognitive, emotional, and social skills.
- Learn the necessary skills needed as a babysitter or potential parent.
- Identify characteristics of children ages birth to six years old.
- Discover more about yourself and others.

### APPLY WHAT YOU'VE LEARNED

#### Communication

- Read books or stories you have written to younger children.
- Create a puppet show to teach children street-smart safety tips.
- Visit with Clover Kids members about their county fair projects.

#### Civic Engagement

- Collect puzzles, games, and toys for a local childcare center.
- Access the safety of a community playground and work for changes.

#### Leadership

- Organize a toy drive and donate items to children in the community.
- Volunteer in your community to help with 4-H educational Clover Kids activities.
- Create a family job chart.

#### Entrepreneurship

- Provide babysitting services or help lead educational workshops for kids.
- Write a children's book.
- Make baby blankets or baby clothes to sell.



## Goal Setting and Record Keeping

Goal setting is an ongoing process that guides your project area learning. Having goals is like having a road map to show you how to get you to where you want to go. Record keeping is also an ongoing process and another important life skill. In 4-H, you are encouraged to select from a variety of record keeping formats to meet your own personal needs and your preferred learning style. Keeping records of your learning experiences helps you determine how well you met your goals. Goal setting and record keeping improve your skills in organization, communication, planning, and evaluating.

## Iowa 4-H Event Opportunities

- Participate in **county and state fair** exhibit classes.
- Check with your local county 4-H youth development staff to see if there are special events or **workshops in your county** that you want to attend to learn more about your project areas.
- Iowa 4-H members in grades 9–12 can apply for **State Project Area Awards** at State Recognition Day. Applications are open December through January.
- Meet young people from around the state who have completed grades 8–12, and share your interests at the **Iowa 4-H Youth Conference** held at Iowa State University in late June.
- Meet high school students from around the nation and develop your skills to address today's issues like nutrition education, wellness, and emotional wellbeing at the **National Healthy Living Summit**.

## Share Your Learning With an Exhibit

- Create a display of a choke-tube tester and toys that are safe and unsafe.
- Illustrate how to make a family job chart.
- Share a diary of all the changes a small child goes through after observing them for a few months.
- Create a game or puzzle to use with children and share the results.
- Showcase a book you have written, illustrated, and shared with children.
- Prepare an age-appropriate scavenger hunt and display the results.
- Demonstrate the development of a fun and safe home-alone plan.
- Rate the safety and appropriateness of various toys for babies, toddlers, and preschoolers.

## CAREER CONNECTIONS

- **Teachers** work to create lesson plans, track student progress, create tests, and present information to parents.
- **Psychologists** counsel patients to promote positive mental health.
- **Coaches** plan, organize, and deliver a range of sports activities and programs.
- **Social service caseworkers** provide assistance and counseling to children in troubled homes, senior citizens, and more.
- **Youth program coordinators** train staff to promote youth programs.

## EDUCATION CONNECTIONS

- If you enjoy working with children, scheduling, and leading projects, consider **education**.
- Learn **psychology** if you're interested in the behavioral, emotional, and cognitive development of children.
- Students in **pediatric nursing** learn about performing tests, comforting sick patients, and advising parents about health decisions.
- **Child, adult, and family services** students train to help people lead better lives.
- Students in **speech pathology** learn how to treat children with communication disorders.

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