



4-H PLUS

Child and Family Development

Project Learner User Sheet

A quick guide to starting your 4-H project

What can I do in the 4-H Child and Family Development Project?

Child and family development is the study of how humans grow at each life stage. It looks at the relationships, skills and resources needed and developed at different ages. There are many things you can do in this project. Here are some ideas:

- Take a babysitting course or babysit children
- Learn about safety and age-appropriate toys
- Create a poem, story or game for children
- Describe telephone safety rules
- Prepare a nutritious snack for a child
- Organize a family celebration or meeting
- Create an adopt-a-grandparent program
- Volunteer to read to children at a library, daycare or after-school program.

Planning

The 4-H child and family development project covers a broad range of topics. To begin, you should identify what you are interested in. Here's just a few things you could do to determine your area of interest:

- Visit with a parent or caregiver to learn about the developmental stage of his/her child
- Observe and record different aged children to identify their different skills and abilities
- Explore your community's celebrations to learn how they involve children and families
- Talk to someone who works with families
- Investigate issues for children and families related to media use, computers, self-care, budgeting, household chores, divorce and other current topics.

What does the 4-H Child and Family Development Project include?

In child and family development you will learn that all people have basic needs that help them grow and develop. Each person grows and develops in his or her own way. Although there are developmental tasks that need to be done during each stage, each person grows at his or her own speed. Everyone needs to feel physically and emotionally safe. Everyone wants to feel like they belong to a family, group of friends, school, etc. It is important that people feel appreciated and that others care about them.

The themes of each childhood stage include:

- Infancy (0-12 months): Learn to TRUST
- Toddlerhood (1-2 1/2 yrs): Feel INDEPENDENT
- Early Childhood /Preschool (2 1/2-5 years): Learn by DISCOVERY
- School Age (5-9 years): Learn to WORK
- Early Teens (10-14 years): Discover IDENTITY
- Late Teens (15-17 years): Know IDENTITY
- Young Adults (18-22 yrs): BRIDGE to Adulthood

During each of these stages the role of child, parent and family are constantly changing to meet a person's individual growth needs.

Resources

Finding resources about child and family development can be easy if you know where to look. Think of the people who work professionally with children and families in your community. Most of the time these people have received additional education about child and family development. Check out the Internet. Remember to look for information that is based on research from a recognized source, such as a University. To get started, check out these resources.

- Day Care Providers
- Early Childhood Family Education program
- Pediatrician, First Aid Provider, Red Cross
- Teachers, Extension educators and other educational experts
- Local library or bookstore
- The University of Minnesota Extension Service has many publications and other resources listed below. Many publications are found online at www.extension.umn.edu. Here are just a few:
 - On My Own (4H-BU-7139)
 - Growing With Others (4H-BU-7140)
 - Growing In Communities (4H-BU-7141)
 - The Importance of Play (HE-FS-1048)
 - Television and Children (HE-FS-1055)
 - Children and Their Heroes (HE-FS-1061)
 - Keys to Quality Youth Development (BU-6715)
 - Mealtime—Happy or Hectic? (HE-FS-1052)

Info-U 24-hour Consumer Help Line at 612-624-2200 or 1-800-525-8636

www.parenting.umn.edu



CURRICULUM TASK FORCE

Center for 4-H Youth Development

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Extension

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S E R V I C E

What do you do now? Look for ideas below.

Write your own ideas for preparing, doing, and sharing in the open areas.

Preparing

Interview adults who work with children.

Read children's plays/stories.

Start now filling out your 4-H record and planning calendar.

Take Self Care for Kids or babysitting training.

Gather information about family traditions.

Interact with children.

Make a file of activities.

Keep a babysitter's journal.

Research how family culture affects values.

Write your own story about children.

Read a story to a classroom of children.

Teach self-care to children.

Take a puppet theater to a daycare center.

Plan an exhibit for the fair about a current family issue.

Bring a babysitter kit to a home with children.

Doing

Sharing