

Child Development

A 4-H Citizenship Project Activity Guide

Children grow in ages and stages. Development occurs over a period of weeks, months, and years and no two children develop in the same way. There are five areas of development happening simultaneously. Physical, cognitive, language, social, and emotional.



When working with children, it is important to know that they are all unique and will develop at their own rate and pace.

Starting Out	Moving Forward	Dig Deeper	Objectives
<ul style="list-style-type: none"> • Visit a child care center or an early childhood classroom. • Make a list of ways that people express themselves through language. • Recognize differences in people in family, community, church, etc. • Survey a room and find safety concerns. Make a list of how to make the room safe for young children. • Locate a family with young children and volunteer to read or play after school. • Learn about the ages and stages of children. • Learn about parenting and basic childcare. 	<ul style="list-style-type: none"> • Visit a local department store’s toy area and compare the differences between toys that are appropriate for different ages and stages. • Babysit a child to spend one-on-one time to learn more about ages and stages. • Learn about the food guidelines for children according to the USDA. • Establish an art activity for a toddler, a preschooler, and a school age child. • Learn about the responsibilities of being an adult with children. • Create a library to use while babysitting. 	<ul style="list-style-type: none"> • While babysitting, make a lunch according to the USDA my-Plate for a 2 and 4 year old. • Make a list of activities that a 4 year old could do at home on a rainy day instead of screen time. • Find appropriate discipline techniques for children of multiple ages. • Tour a hospital’s delivery ward to learn more about the care of newborns. • Volunteer at a church to help in the nursery during services on Sunday’s. • Make an emergency plan. 	<ul style="list-style-type: none"> • To learn the needs of infants and young children. • To learn the difference between physical, social, emotional, cognitive, and language development. • To keep children safe in indoor and outdoor settings. • To understand the responsibility of caring for young children.

Character Focus

Children observe and learn from the people around them. Having good character is essential when working with young children because we are shaping them into becoming people of character too. Children are always watching and listening. Choose your words and actions carefully.

● <i>Trustworthiness</i>	● <i>Be available to listen and pay attention to a child. Protect and keep the child safe at all times.</i>
● <i>Respect</i>	● <i>Treat others as you would like to be treated. Avoid distractions, such as television, the phone, and other mobile devices.</i>
● <i>Responsibility</i>	● <i>Set a good example to others and provide care.</i>
● <i>Fairness</i>	● <i>Accept the differences in others and be kind to everyone.</i>
● <i>Caring</i>	● <i>Follow the Golden Rule: Treat others the way that you want to be treated.</i>
● <i>Citizenship</i>	● <i>Use your project to serve others by doing some of the activities below .</i>

Leadership Opportunities

- Demonstrate and share your knowledge with younger children or older adults.
- Be a camp counselor to work with children for a week.
- Develop a workshop or day camp for young children to attend.
- Participate in state competition in the Child Development Project area.

Service Opportunities

- Collect children's books to share with young children in your community.
- Volunteer at VBS or the local library during summer reading time.
- Assist at children's church during Sunday worship.
- Assist at a local shelter where children are housed to provide playtime or reading time.

Career Possibilities

Child Care Worker
Preschool Teacher
Kindergarten Teacher
Youth Director

Camp Director
Camp Staff Member
Social Worker
Nanny

After School Care Provider
Elementary School Teacher
Art Teacher
Librarian

Pediatric Nurse
Psychologist
Pediatrician
Coach