

OKLAHOMA 4-H CHILDCARE PROJECT



4-H GROWN

LIFE SKILLS

- Become self-directive and productive
- Accept diverse family structures
- Practice safety and personal discipline

LEADERSHIP

- Be a youth volunteer with the 4-H Cloverbud program
- Work with a certified 4-H volunteer to organize a day camp for children
- Volunteer at a certified childcare facility

COMMUNICATION

- Give a demonstration or presentation about proper infant and child CPR
- Prepare an educational display over a basic first aid kit
- Give a radio or news broadcast over safe child practices
- Create a puppet show to teach children about Internet safety



PROJECT OBJECTIVES

The 4-H childcare project allows youth to understand and appreciate how children grow and develop. Youth will learn the roles they and parents play in the development of children. 4-H'ers also will gain critical skills needed while caring for children. Youth will:

- Explore ways to personally use childcare knowledge
- Become an advocate for children, parents and early childhood issues
- Discover childcare career opportunities
- Learn basic babysitting skills

GROW IN YOUR CHILDCARE PROJECT

The activities below are ideas to inspire project development. This is not a complete list.

BEGINNER

- Self-evaluate if you have the characteristics of a good babysitter
- Learn ages and developmental stages of childhood
- Identify safe practices for children and yourself
- Research age-appropriate and stimulating activities for children

INTERMEDIATE

- Create age-appropriate children's books and games
- Assemble your own childcare kits with necessary supplies
- Train to be CPR certified
- Present a workshop on childcare
- Research current childcare issues and share your findings with the general public

ADVANCED

- Learn about different disabilities that create unique needs for children and adults
- Track children's responses to selected activities
- Observe professional childcare facilities
- Understand multiple aspects of starting/managing a childcare business

EXPAND YOUR EXPERIENCE

- Job shadow a professional in an area of childcare
- Consult a dietitian about planning and preparing meals for children with special diets
- Work with your local Extension educator to present a babysitting workshop or clinic



RESOURCES

4-H CURRICULUM

- 4-H Army Child & Youth Services Student Guide
- National 4-H curriculum: <http://new.4-hcurriculum.org/projects/childdevelopment>
- Babysitting Beginnings Members Guide: <http://extension.psu.edu/4-h/leaders/resources/publications/j0521a-babysitting-beginnings-member-guide.pdf>

OPPORTUNITIES

- County and state fairs
- Speech contests
- Day camps
- Workshops/training
- Health fairs
- Camp counselors
- Cloverbud volunteers

RESOURCES

- CyFERnet
- U.S. Consumer Product Safety
- American Red Cross Babysitters Training Handbook: http://www.redcross.org/images/MEDIA_Custom-ProductCatalog/m55540612_Babysitters-Training-Handbook.pdf
- United States Consumer Product Safety Commission: <http://www.cpsc.gov/>

4-H GROWN

CITIZENSHIP

- Volunteer at youth services facilities
- Assess the safety of local playgrounds and advocate for changes
- Develop a community service for your community needs to benefit youth
- Collect books and puzzles for a local child care center

HEALTHY LIVING

- Learn about different childhood allergies and immunizations
- Create healthy meals in accordance with MyPlate
- Encourage active lifestyles through promoting 1 hour of active play every day

SCIENCE

- Explore child behaviors
- Teach proper personal hygiene to children
- Develop an electronic chart for home safety inspections

Learn more at:
contact your county
Cooperative Extension office.



OSU EXTENSION
4-H YOUTH DEVELOPMENT

Oklahoma 4-H is the youth development program of the Oklahoma Cooperative Extension Service and Oklahoma State University

Join Our 4-H Community:



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