

Child Development & Health

Department C

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The term Child Development includes child care, family life, personal development and character development. To learn characteristics of suitable and unsuitable toys and for characteristics of children at various stages of development, please refer to these 4-H manuals: The Infant, The Toddler, The Preschooler, Middle Childhood, and The Sitter.

Information sheets for classes C200001, C200002, C200003, C200004 & C200006 should include: 1) Where did I get the idea for this exhibit? 2) What decisions did I make to be sure exhibit is safe for child to use? 3) What are children this age like? Give 2 examples that help in understanding the appropriateness of this exhibit for the age of the child (see project manuals). 4) How does this exhibit attract a child's attention, what can the child learn from this exhibit, or how does it promote growth and development? Include the required information on a half sheet of 8 ½" x 11" paper placed with the entry tag. No plastic binders please. Information sheet may be in a plastic bag.

Classes C200001-C200004 must be items made by the 4-Her. Possible purchased parts are acceptable such as dice for a grade schooler to play a game, but the significant part of the exhibit must be made by the 4-Her. Not acceptable: Items for display in a child's room (which is a home environment item), container but not the contents made by the 4-Her, or group of items assembled for a purpose but not made by the 4-Her. Games must include instructions for playing the game.

Division C200, Child Development

- C200001* The Infant - Toy, game, or activity made for baby (birth - 18 mos.)
- C200002* The Toddler - Toy, game or activity made for toddler (18 mos. - 3 yrs.)
- C200003* The Preschooler - Toy, game or activity made for preschooler (3 - 5 yrs.)
- C200004* Middle Childhood - Toy, game or activity made for grade schooler (6 - 9 yrs.)

4-Hers taking any of the above projects or The Sitter may enter:

- C200005* Activity with a Younger Child. Poster or scrapbook showing 4-Her working with a child age 0 to 8 years. May show making something with the child, or child care or child interactions. May include photos, captions, story or essay. Size of exhibit is your choice. Other people may take photos so 4-Her can be in the photos. 4-Her must make scrapbook or poster. No information sheet needed for this class.
- C200006* The Sitter - Babysitting Kit. State which ONE age group (infant, toddler, preschooler, middle childhood) the kit was prepared for. Purpose of the kit is for the 4-Her to take with them when they babysit in someone else's home. Do not make kit for combination of ages or for your own family to use. See The Sitter manual (4H266 revised 2002) for appropriate items to include. Display in box or bag suitable for what it contains. Approximate size not larger than 12"x15"x10". All items in kit must be safe for child to handle. Information sheet for this class should include: 1) What are children this age like? Give 2 examples to show how the kit would be appropriate for children this age. 2) What will the child learn or what skills will they gain by using the kit? 3) What item(s) were made by the 4-Her. 4-Her should make one or more items in the kit, but purchased items are also allowed.

4-Hers taking any of the projects in Department C200 may enter:

- C200007* Family Involvement Entry. Scrapbook, poster or story describing an activity the family did together. It might include making something such as a doll house or feedbunk. Items may be exhibited if desired. Other possibilities include a house or farm clean up project, a family reunion, a celebration of a family milestone, a trip or vacation, moving, a community service project. Photographs are encouraged. Visuals should show family participation. Participation by all family members is important. Include a list of family members and what each person did to participate in the event.

4-Hers taking Kids on the Grow (CD 2, 3) may enter:

- C200008* Kids on the Grow (CD2) Growing With Others. Scrapbook or poster. Examples - How to decide if it's time you can be home alone, and related activities. How responsibilities and privileges are related. Friendships. Working with others. Understanding rules and boundaries. A family tree. A family rules chart. A family meal plan, with pictures of a special family meal. A home safety checklist. Being street smart (safety). A school scrapbook showing yourself and your school activities, memories, and special interests.

- C200009* Kids on the Grow (CD3) Growing in Communities. Scrapbook or poster. Examples: A career study. A photo story about your own growth and development, not only physically but emotionally, socially, spiritually, mentally. A television evaluation (see project manual). How you have overcome obstacles. Friendships. A community profile. A community service project. Working with parents. Teaching experiences. Understanding discipline. Playground safety check.
- C200010 Kids on the Grow (Level 1) - Growing on My Own- Make a choke-tube tester. On a 4x6 index card explain how and why to use this tester then tell what foods and toys tested "not safe" and what foods and toys tested "safe". Put the choke-tube tester and card in a plastic Ziploc bag.
- C200011 Kids on the Grow (Level 1) - Growing on My Own- Make a poster (14" x 22") with pictures of yourself at different ages and explain how you have changed under each picture (p. 5 in manual).
- C200012 Kids on the Grow (Level 1) - Growing on My Own- Make a poster (14" x 22") describing an activity you did (use photos, drawings, charts, etc.) and tell what you learned from the activity. (Manual has many activities to choose from.)
- C200013 Other child development exhibit- Not eligible for State Fair or County Fair Division Awards. Must meet Guidelines stated in Project Manual.

Division C210, Health

- C210001 Health A - Discovering Myself
Poster, notebook, or scrapbook. Possible topics include: peer pressure, nutrition, physical fitness, choosing not to smoke, friendships, disabilities, families, decision making, brain power, understanding advertising, memorizing, behavior, TV violence, self worth, beliefs, self talk, stress, study habits, home fire safety and first aid.
- C210002 Health B - Fun with Friends
Poster, notebook, or scrapbook. Possible topics include: choosing not to smoke, fitness, physical development, choosing not to use alcohol, conversations, friendships, communication, design making, values, concept mapping, problem solving, stress, putdowns, jumping to conclusions, cultural differences, sports injuries, bicycle safety and child safety.
- C210003 Health C - Teen Talk
Poster, notebook, or scrapbook. Possible topics include: media images, nutrition, physical fitness, communicating, dating values, weight control or eating disorders, HIV, depression, behavior, personality, stress, life philosophy, elderly, exercise, traditions, study habits and time management.
- C210004 Health D - Preparing for the Future
Poster, notebook, or scrapbook. Possible topics include: Health habits, skin safety, cancer, dating, relationships, co-dependency abuse, health screening, choosing not to use alcohol, problem solving, health decisions, stress, communication, conflict resolution, being a parent, habits, maturity, goal setting, careers, resumes, work ethic and advertising.