



Babysitting

PROJECT PLANNING GUIDE

OBJECTIVES OF THE 4-H BABYSITTING PROJECT

1. Learn how children grow and develop.
2. Learn more about oneself by working with children.
3. Learn to carry out children's daily routines.
4. Learn appropriate play activities to provide for children.
5. Learn ways to prevent accidents and behavior problems through supervision and guidance.
6. Learn how to handle emergencies.
7. Learn about babysitting as a responsible business.

EXTENSION RESOURCE MATERIALS

1. Babysitting, 4-H Member Manual, 4H M-10-21
2. Babysitting Leader's Guide, 4H L-10-22
3. Handmade Toys, HE 200
4. The Mystery of Isadora
5. Safety and the Developing Child, HE 264

NOTE: A well-balanced project will include one or more activities relating to each objective.

LEVEL I
(9- to 11-year-olds)

Things to Learn	Things to Do
1. How children grow and change	<ul style="list-style-type: none">- Call Extension Teletip (1-800-662-7301) and ask to hear these tapes: No. 6251 What to Expect of A One-Year Old No. 6252 What to Expect of A Two-Year-Old No. 6253 What to Expect of A Three-Year Old No. 6254 What to Expect of A Four-Year Old No. 6255 What to Expect of A Five-Year Old- Study the 4-H Child Development Project, <u>The Mystery of Isadora</u>. Or talk with a 4-H club member who is taking the project. Learn the principles of growth and development.
2. Learn about yourself	<ul style="list-style-type: none">- Ask your parents or other close relatives to show you pictures of yourself when you were a young child. Compare with the children you babysit.- Write a story to describe something you remember about yourself before you were six.
3. Help children with everyday care	<ul style="list-style-type: none">- Read books to children that tell about eating, dressing, going to bed, and other routines. Look through the books you used to have or those of the children you babysit. Or visit the local library. Some you might look for are: .<u>Goodnight Moon</u>, by Margaret Wise Brown .<u>Eat!</u>, by Diane Patterson .<u>The Fat Cat</u>, by Jack Kent .<u>The Very Hungry Caterpillar</u>, by Eric Carle .<u>Milton, The Early Riser</u>, by Robert Kraus- Make a collection of things found in most homes that would make a good bathtub toy for young children.

Things to Learn	Things to Do
4. Fun things to do with children	<ul style="list-style-type: none"> - Make a babysitter's "Bag of Fun" to take with you when you babysit. - Prepare a demonstration on "Safe Toys for Children" or "Fun Things for Children to Do with Music." - Make a homemade toy or game.
5. Handling emergencies	<ul style="list-style-type: none"> - Prepare a card with emergency numbers to carry with you. Make one for each family you babysit. - Learn basic first aid. - Make a safety check of your own house or the house of a child you babysit.
6. Babysitting as a business	<ul style="list-style-type: none"> - Make a poster to advertise your babysitting service. - Keep a record of the money you earn babysitting. - Give a skit on "Do's and Don'ts for Babysitters".

LEVEL 2

(12- to 14-year olds)

Things to Learn	Things to Learn
1. How children grow and develop	<ul style="list-style-type: none"> - Read books to the children you babysit that relate to growing up. Here are some you might ask for at your library: <u>Green Eyes</u>, by A. Birnbaum <u>Leo, the Late Bloomer</u>, by Robert Kraus Ask the librarian to help you locate others. - Prepare a height chart and use every month or two with the children you babysit. - Give a talk to your club or a group of mothers on "What to Expect of the One-, Two-, Three-, Four- or Five-Year Old."
2. Learn about yourself	<ul style="list-style-type: none"> - It is fun to learn how you were like most other children when you were younger. Were you about the same size as other 1-year-olds? Were you early or late in learning to walk or talk? Ask your parents or other relatives about it.

Things to Learn	Things to Do
<p>3. Routine Care</p> <p>4. Play activities to do with children</p>	<ul style="list-style-type: none"> - Babysit or work with handicapped children. Write a story or give a talk about the "Gifts of the Handicapped Child." - Teach a child to dress him/herself. - Call Extension Teletip (1-800-662-7301) and ask to hear Tape No. 6247, How to Help a Crying Baby. - Learn about the different kinds of foods everybody needs. (Ask your 4-H Agent for a copy of Picnic Meals M-13-37 or for information on the four food groups.) - Give a demonstration on safety factors to consider when bathing a young child. - Make a babysitter's "Play Case" to take with you when you babysit. - Prepare a talk on "How Play Helps Children Grow" or "The Right Toys for the Right Age."
<p>5. Handling emergencies</p>	<ul style="list-style-type: none"> - Make some paste or finger paint and use it with children. - Attend a babysitting clinic session on "How to Handle Emergencies." - Learn first aid. Teach younger 4-H'ers about first aid. - Write a story about an emergency you had while babysitting. Tell how you handled it. Could it have been prevented? What do you plan to do in the future about emergencies? - Make a list of precautions you should take for your own personal safety.
<p>6. Babysitting as a business</p>	<ul style="list-style-type: none"> - Prepare business cards to advertise your babysitting business. - Prepare an account book of income and expenses for your babysitting business. - Keep a diary on the behavior of a child you babysit.

LEVEL 3
(15-year-olds and up)

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| 1. How children grow and develop | <ul style="list-style-type: none">- Visit a day care center or church Sunday school. Notice how children of the same age are different in behavior. Notice what children 4 or 5 years old can do that children 3 or 4 years can't do.- Talk with a group of mothers or mothers-to-be about characteristics of children at each age up to 5. Ask your 4-H leader or home economics/human development agent about audiovisuals you might use. |
| 2. Learn about yourself | <ul style="list-style-type: none">- Compare the growth and changes of children you babysit. How were you different at that age?- Practice bibliotherapy with a child. Select books and stories that help a child deal with a specific problem. For example, select readings that help a child identify feelings about a loss (animal, relative or friend) or about sharing (toys, feelings). |
| 3. Development through everyday routines | <ul style="list-style-type: none">- Make a safe step or stool so a child can reach the toilet seat.- Help a child learn to like a new food. Learn to eat a new food yourself.- Make some clothes for a child that feature self-help skills.- Prepare a talk on "Getting Your Child Ready for Bed." |
| 4. Play experiences with children | <ul style="list-style-type: none">- Make a babysitter's "Play Activities Kit" for use when babysitting.- Give a demonstration on the "Importance of Variety in Children's Play" or "How Play Activities Help Children Learn."- Make homemade toys and games.- Plan a music or story time. |

Things to Learn	Things to Do
5. Handling emergencies	<ul style="list-style-type: none"> - Assist your leader or agent in conducting a babysitting clinic, including a session on emergencies. - Take a first-aid course. - Talk with someone with the fire department, rescue squad, police department, a nurse or doctor about what to do in case of an emergency.
6. Babysitting as a business	<ul style="list-style-type: none"> - Interview someone who operates a small business. Compare it with the babysitting business. - Keep a developmental record for children you babysit. - Open a savings account with your babysitting earnings.

FAMILY ACTIVITIES SECTION

Things to Learn	Things to Do
1. How people grow and change	<ul style="list-style-type: none"> - Have each family prepare a height-weight record and measure their height-weight each month for 6 months. This may be an incentive for children and adults with total family support to gain or lose weight as needed. It may involve buying scales or finding a place to weigh. - Have the whole family volunteer to work one or more times in the church nursery or other babysitting setting.
2. How to help children learn routines	<ul style="list-style-type: none"> - Prepare a family story book of interesting incidents that involved daily routines when family members were infants or preschoolers. Ask grandparents or older relatives for stories about parents as children. For example, did any family member as a child ever wear mismatched clothes, sleepwalk, show unusual preferences for certain foods, insist on certain bedtime rituals or wear a particular item of clothes? Have family members take part in gathering the stories, writing, illustrating, and preparing the cover, etc.

FAMILY ACTIVITIES SECTION

Things to Learn	Things to Do
<p>3. How to choose and make playthings for children</p>	<ul style="list-style-type: none"> - Take an inventory of all children's playthings in the family. - Discard or repair broken things. - Make a list of new playthings needed; consider the kinds of activities the children will need for their next stage of development. Make some of them. - Decide which playthings to keep as mementos. Prepare safe places to put them. - Share outgrown ones with younger children in the neighborhood, a child care center, church nursery or needy family.
<p>4. How to prevent accidents and misbehavior</p>	<ul style="list-style-type: none"> - Investigate a family situation in which an accident occurred or someone misbehaved. Together, have the family consider these questions about the incident: <ul style="list-style-type: none"> a. What happened? b. What were the causes? c. How did the causes relate to development of the family members involved? Was someone just acting his age? d. Can a change in surroundings or supervision prevent the situation from recurring? - Survey the home grounds and neighborhood for safety hazards. Do what you can to correct them.
<p>5. What to do in emergencies</p>	<ul style="list-style-type: none"> - Study the 4-H First Aid Safety Project; point out fire hazards and discuss the best ways to get out of the house in case of fire. - Have the family talk with a member of the rescue squad to learn what kinds of emergency assistance are available in your county. - Prepare a list of emergency telephone numbers and place a copy near each telephone.

Things to Learn	Things to Do
	<ul style="list-style-type: none"> - Prepare an emergency card for each member to carry at all times. Include emergency numbers, name, address, telephone number, medications taken routinely, and information about allergies, illness, or other handicaps. - Enroll in a first-aid course together. - Make a first-aid kit. - Study the 4-H First Aid Project and, if interested, consider enrolling next year. - Enroll with your family in a 4-H Fire Safety Program. Ask your 4-H leader or agent for details.
<p>6. Learn about babysitting as a business</p>	<ul style="list-style-type: none"> - Help the babysitting 4-H members distribute announcements about his/her babysitting service. - Visit the bank and set up a savings account.
<p>7. Appropriate foods for children</p>	<ul style="list-style-type: none"> - Have a 4-H member prepare simple meals for the family. - Discuss as a family what are good foods for young children.



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