



HOME FAMILY CARE AWARD

PROJECT: CARING FOR YOUNGER CHILDREN

GOALS

A. CHILDCARE BASICS: Complete three steps to learn childcare basics.

B. CHILDCARE CHALLENGE: Complete one of the three options.

A. CHILDCARE BASICS

When caring for younger children as a babysitter or mom's helper, there is much you can learn ahead of time that will help you succeed. It is important to ask questions ahead of time to get to know the child's needs, family rituals, and personality.

Step 1—Skills Checklist

Pick two to three of the following skills to learn. Ask a parent or guardian to help show you what to do when you encounter this situation!

1. How to hold a baby
2. Tips for soothing a crying baby
3. How to feed a baby
4. "Toddler" proofing your house
5. What to do in an emergency
6. Choosing games and activities by age
7. Bedtime routines

Step 2—Family Expectations

Choose your Childcare Challenge on the following page before completing Steps 2 and 3. Interview the family to discover their "family culture." When you get to know a family and how they care for their kids, it helps you care for their kids well, too!

- What are your family rules in the house (relational rules, safety rules, following directions, asking permission for certain things, etc.)?
- How do you handle discipline?
- Is there anything I should know about food allergies?
- What are your bed time routines?

Step 3—Activity Ideas

Every good childcare worker or babysitter comes with ideas of what the children could do for fun while he or she is there. You may have fond memories of playing certain games with your own babysitter. Based off their age, write at least 10 things you could do for fun with the children in your care.



B. CHILDCARE CHALLENGE

Choose one of the following challenges to complete to learn how to care for younger children.

Option 1—Babysitting Apprentice

If you have an older sibling who babysits, ask if you can be his or her apprentice for one night to help watch other children. Ask you parent or guardian’s permission.

Option 2—Parent Helper

Offer to assist your mom or dad, or a family friend’s mom or dad, as a parent helper. Your goal is to be a helpful assistant to mom or dad by playing with the children in a fun and safe way, assisting with food or snacks, and helping with whatever is needed.

Option 3—Babysitting Job

If you are old enough (and have your family’s permission), take a babysitting job with a trusted friend or family member. This would include watching your younger siblings for your parents while they are gone.

RESEARCH MORE

- (age 11 and up) Red Cross Babysitting Basics—Online Course <http://www.redcross.org/take-a-class/program-highlights/babysitting-caregiving>
- *A Smart Girl’s Guide: Babysitting* (American Girl) by Harriet Brown
- *Super Sitter’s Playbook: Games and Activities* (American Girl) by Aubre Andrus
- *Don’t Sit on the Baby: The Ultimate Guide to Sane, Skilled and Safe Babysitting* by Hailey Bondy
- *Babysitting Secrets: Everything you Need to Have a Successful Babysitting Business* by Chronicle Books

My child has successfully completed the Project Goals for the topic—Caring for Younger Children.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your FAMILY CARE award)