



# LESSON 6 ENTERTAINMENT WHEN BABYSITTING



Say: Today we are going to talk about entertaining the children during your time of babysitting  
(*Instructor Guide pages 97-106*)

## *LET'S TALK!*

What are some activities you can do with kids in different age groups?



Say: Let's talk about some of the different activities that you may be able to with kids in each of groups; can allow students to brainstorm ideas before proceeding.

Say: These activities could include a variety of different types like physical or mental exercises, activities, physical activity, or even sleep routines.

Say: However, we need to keep in mind that there are different activities for different age group may need to spend more time entertaining younger children than older children.

Say: Today, we are going to talk about what activities are most appropriate for each age range.

*(Instructor Guide page 98)*

# BIRTH TO SIX MONTHS

## What to know:

- Enjoy cuddling
- Interested in sounds
- Enjoy looking at faces
  - allows them to learn emotions
- Reading, singing, talking



Say: From birth to 6 months, think about these activities, cuddling, making sounds like humming on a glass or crinkling paper. Some other things you could do could include making a variety of singing, and talking. Also keep in mind that newborns will grasp anything you place in their palm mindful!

*(Instructor Guide page 100)*

## SIX TO TWELVE MONTHS

1 Read, Sing, Talk

1

2

Baby-safe mirror

3 Games

3

4

Repetitions



Say: For kids within the age range of 6-12 months, you can do some of the stuff from the previous (6 months to 6 months) like singing, talking and reading.

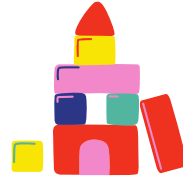
Say: Some other activities that you can do for this age group could include:

- Playing games like Pat-A-Cake, Peek-A-Boo, rhymes (this little piggy..)
- Repetition activities like Dropping or Reaching for things.
- You could also Roll ball back and forth or do the like with an object.
- Another thing you can try is hiding a toy or object under a blanket, and let the baby find it
- Safe objects to put in and take out of box or basket
- Lastly, like making noises, you could allow them to play with pots, pans, plastic containers

*(Instructor Guide page 100)*

## ONE TO TWO YEARS

- Make-believe Play
  - telephone, miniature cars, trucks, and dolls
- Simple toys
  - Blocks



Say: For this age group (1-2yrs aka 12-24 months), you can participate in more activities that w child/ren's motor skills and the like. Some of these activities could include playing make believe telephones, acting like cars or trucks or even playing with dolls.

- You could also incorporate puzzles or things requiring pieces like taking part, putting together toys like Legos or blocks.
- Aside from the building, you could also participate in the same activities like singing, reading could even make pickup or clean up time a game to help clean up after the day of play!
- If you want to do a inside house activity, you could play a game of hide and seek, letting the you could also do this with other age groups above this one as well!
- Some other thing to keep in mind, this age group may begin to have favorite items like blank may go with them everywhere.

*(Instructor Guide page 100)*

## TWO TO THREE YEARS



Have Fun!

- Puzzles and construction toys
- Scribbling, crafts
- Matching toys
- Make music
- Outdoors
- Quiet time
- Reading time



Say: This age group of 2-3yrs is developed a little more physically and mentally and will be able to understand concepts, patterns and the like.

Say: Some activities you can do for this age range could include more puzzles, like wooden ones and toys like pegboards. This age range also enjoys more creative freestyle activities like drawing, stringing of beads, shaping playdough or other things and even making paper ring chains. This age group has a growing curiosity of the outside world, so sand boxes and water play activities could be of interest. They enjoy reading or quiet time. They may also like watching shows like puppet shows and letting them play with those.

*(Instructor Guide page 100)*

## THREE TO FOUR YEARS

- Roleplay
- Crafts with clay, crayons, color books, finger paints, chalk, chalkboards, safety scissors
- Board games
- Take a walk outdoors
- Make a fort out of blankets
- Simple dice games



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Say: For the age group of 3-4yrs, keep in mind attention spans during this age range might differ. Attention will be short, especially while watching tv or reading, but will oftentimes return their attention after a short break.

- **Activities to use to keep attention** for this age range could include things like role playing (pretend school), board games (Lotto, Candyland, Simon says, Statues, etc.) or even dice games.
- **Other activities that may require more movement** could be building a fort with them through furniture like chairs or create a line of chairs to mimic bus line and let them be the driver and the other kids in this if applicable).
- **Other physical activities** could be to take the child/ren on a walk around the block and find pinecones, or stones; could maybe even bring those home and use in a coloring, or craft activity.

*(Instructor Guide page 101)*

## FOUR TO FIVE YEARS

- Interested in letters and numbers
- Quiet time
- Look at pictures
- Dress-up
- Do simple calisthenic (strength training) Activities
- Active play outdoors



Say: For the age group of 4-5yrs, there are even more great engaging things you can do with them. They will definitely enjoy a variety of crafts and indoor and outdoor activities!

- **Some Craft activities** could include creative things relating to numbers or letters, general workbooks, and other popular activities that we talked about 3yr olds may like. Craft supplies like tape would be a good resource to be used with this age group as well.
- **Some other indoor activity** examples would also include quiet, calm, or imaginative like crafts, drawing, things like conversating about wishes and dreams. Another thing you could do is have them draw pictures and let them show you who everyone is in some pictures of theirs. You could also play dress-up with them; wearing hats and masks made from paper bags. With these bags, you could allow them to be supervised or you do it yourself and let them decorate the bag to be a hat or mask of their choice.
- **Other activities that could be done inside or outside** could be things like stretching or exercises. Calisthenic activities; this is what we call strength, endurance, flexibility and coordination built with only use body weight, no equipment needed. You could do things like jumping jacks, jumping rope, sit-ups, like bending, stretching or even dancing!
- **Some more outdoors activities** could include things like hopscotch, hide and seek, tricycle races, tag, runs around the house, neighborhood, or yard, and even playing with chalk on the sidewalk!



*(Instructor Guide page 101)*

## FIVE TO SEVEN YEARS

- Outdoors
- Read to you or with you
- Playing with dolls, playing dress-up, manipulative toys, and construction materials
- Board games
- Make up a silly song with the child/ren



Say: The last big age group we will touch on today is the 5-7 yrs. old age group. Within this age group, you do not need to entertain this child as much as the other age groups. They start forming a sense of self in this stage of their development. However, there are still things you can do with them.

- Similar to the last age group, **introducing exercises** like calisthenics would get them active. You could try jump roping, running games (like tag or playing catch), and riding bikes or teaching them to ride if you can, you don't have to but it would be teaching them a new skill!). Keep in mind, they may be interested in things with neighborhood friends, which is okay if parents are okay with it, but I would try and encourage you can. You could try to do these things with the other kids, including them or tagging along, but don't force any interactions unless necessary.
- **Other activities that are better inside** could include letting the child/ren read to you or with you. You could pose them riddles for them to try and figure out. You could also play board games much like checkers, uno, Life, etc. But keep in mind, they like to win and may not like to lose. While games will keep them engaged, having them play with toys they can manipulate like Lego sets or puzzles could also keep them busy for hours! In addition to the games, you can be silly and just be goofy and make up silly things like songs or dances as well.

Say: Now that we know what each age group might be interested in, let's think about toys and what

out for when providing for or supervising the use of toys.

*(Instructor Guide page 101)*

## REFLECTION TIME



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### Think, pair, share

- What were some of your favorite toys as a child?
- Do you think those toys were safe?



Say: Take a moment to think back to when you were younger, what were some of your favorite toys and how safe you think the toys were as well?

Say: Now let things about your toys and see what toys you should be provided!

*(Instructor Guide page 101 and/or 104)*

## WHAT KIND OF TOYS?

### Toys should:

- Be fun
- Increase their skills
- Help them learn
- Encourage creativity
- Build concentration skills



Say: Some of the toys you can provide should be fun in some type of way. Toys should also help build mental or physical skills like concentration or help them learn about the world around them. You should be able to have a safe environment to express themselves and be creative with their toys and activities. However, some toys are better in certain instances than others. We're going to talk about that next.

*(Instructor Guide page 105)*

## TOYS FOR CERTAIN TYPES OF PLAY

Consider what toys are appropriate for...

- Active play
- Quiet play
- Solitary play
- Sharing play

### Activity

- Interview a partner and try to think of at least two toys for each type of play (no repeat toys)



Say: Some toys are better fit to be used to play actively. Some examples might include things like ball toys, wheel type toys, or sport items.

While these toys are appropriate for outside or active playing, other toys like puzzles may not be.

Say: So things like puzzles, building blocks, dolls or other constructive toys would be more along the lines of quiet play types of toys. Similarly, some of these quiet type toys can also be a type of solitary toy. A solitary toy is something that can be done independently. So things like arts and crafts, books, finger painting, or even puzzles can fall into this category.

Say: While these activities can be done alone, other types of play like sharing require different toys. Examples of sharing play toys are things like board games like Checkers, or other noncompetitive games like scavenger hunt or Simon Says.

Note: Activity similar to Toy Show and Tell on Instructor guide page 104

*(Instructor Guide page 105)*

## THINGS TO CONSIDER WITH TOYS

When picking a toy for a child to play with, it is important that it is:

- Age-appropriate
- Safe for the child!

Let's consider the following:

- Age recommendations
- Be careful and intentional with toy selection!



Say: So now that we know some different types of toys and the right times of play to offer them, some things you need to consider when looking for or choose toys to provide.

- One good way is to look at the age recommendations on the packaging of the game or toy (if too advanced for a three-year-old). With age appropriateness, you also want to keep this in mind for things like crafts or other activities that may require more of a responsible age group. So if you are doing things involving cutting or hot gluing, you may need to supervise and offer these activities to ages 6 and older. Another thing you can do is to pay attention and learn what fascinates the child/ren and offer toys on their interests.

Say: But overall, practice being careful and intentional with your toy selection!

Say: So now we have touched on general things to consider, let's discuss hazards to consider.

*(Instructor Guide page 105)*

*LET'S TALK*



What are some potential hazards to look for in toys?



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Say: now we have considered some general things to consider when providing toys, lets discuss hazards you might need to consider as well?

Say: Allow students to present their ideas of what to look for and then review correct and relevant

Say: Great Ideas! Yes! We want to look for: sharp points, jagged edges, rough surfaces, glass or plastic that could break and leave sharp cutting edges, along with sharp spikes or pins that become exposed when you pull the toy apart.

Say: We also want to keep in mind the small detachable parts that may loose or removed like small toy makers, things like Legos or other things around the house like nuts, bolts and clamps that may not be securely attached to a toy or could be removed could be swallowed or could lodge in the windpipe or ears.

Say: Other things to consider include

- Long cords or strings,
- Cap, guns, and other toys that produce a very loud noise that could impair hearing



- Outdoor play equipment that are not on a level surface or anchored properly
- Items with missing parts or pieces
- Poorly constructed dolls and animals stuffed with small pellets that will fall out when the seams are opened

Say: There are a lot of different types of hazards to look for and consider in toys. If you would like to have a check list type resource, we can look at the Toy Safety Checklist (p106) to help guide you guys.

*(Info about hazards is in the Instructor Guide page 105)*

*(Refer to Instructor Guide page 106 for “Toy Safety Checklist” if needed)*

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# REFERENCE



*4-H/Army Child & Youth Services Instructor Babysitting Guide, Pages 97-106*

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