

# SANFORD CHILDREN'S CHILD Services

■ APRIL - JUNE 2024

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## TRAUMA AND CHILDREN



### What is Trauma?

Substance Abuse and Mental Health Services Administration (SAMSHA) defines trauma as, “an event or circumstance resulting in physical, emotional, and/or life-threatening harm” (Trauma and violence, n.d.). The event causes a person to experience toxic stress which they are unable to find relief from.

A trauma response occurs when a threat is perceived and the body releases hormones in the brain, which prepares the body to face the threat.

Trauma is a complex topic. Events that are traumatic for one child may not be traumatic for another. Additionally, trauma affects everyone differently. Some children may have a fight response, while others may respond with attempting to flee the situation or uncomfortable feeling.

### How Might Trauma Affect Children's Behavior?

You may have heard of the trauma response categories fight, flight, freeze and fawn, but let's look at what those responses might look like in children in a childcare setting.

- **Fight** – A response that is likely to involve aggressive behavior as a mechanism to defeat the threat. In children, this may look like crying, hitting or kicking, and/or tightening of the jaw or fists. On the inside, the child may be experiencing intense anger and looking for an outlet, feel hot, and/or have an upset stomach.

- **Flight** – A response that tells the body the threat can be defeated by running away from it. In children, this may look like a child who has a hard time sitting still, runs away, and/or has darting eyes. On the inside, the child may be experiencing body numbness, quick heartbeat, and/or headaches.
- **Freeze** – A response that tells the body fight or flight will not be effective to defeat the threat and that freezing is an option. In children, this may look like a blank face, appear to be daydreaming, and/or not engaging with peers or caretakers. On the inside, the child may be experiencing a sense of dread, have a pounding heart, and/or feel at a loss of what to do next.
- **Fawn** – A response that tells the body fight or flight will not be effective to defeat the threat and that freezing is an option. In children, this may look like a blank face, appear to be daydreaming, and/or not engaging with peers or caretakers. On the inside, the child may be experiencing a sense of dread, have a pounding heart, and/or feel at a loss of what to do next.

### How Might Trauma Affect Children's Behavior?

An important note: because a child displays behavior concerns, it does not mean, for certain, they have experienced trauma or are experiencing a trauma response.

Be intentional about creating a relationship with children, especially those with higher behavior concerns. When a child has a safe, trusting relationship with you, it will increase listening, cooperation, and participation. You can build relationship by focusing and commenting on children's positive behavior, bonding with them through floor play, and promptly responding to their needs. Through the relationship, you are able to be a safe, calming presence during hard moments.

## Meet the Staff

### DIRECTOR

Dianna Rajski

### MANAGER

Kristi Kranz

### ADMINISTRATIVE ASSISTANTS

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### COORDINATORS

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### WEBSITE

- [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices)
- [www.sdece.org](http://www.sdece.org)

# FACE TO FACE Learning Opportunities






## General Classes

Classes for caregivers of all ages of children

DATE	TIME	TITLE & DESCRIPTION	LOCATION
Monday, May 13	6:30 – 7:30 p.m.	 <b>Approaches to Learning</b> This class will help discover the importance of how children learn through different learning styles, problem solving skills, environments and teaching methods.	Sioux Falls

## Infant/Toddler Classes

Classes with an emphasis on caring for six week to three year old children

DATE	TIME	TITLE & DESCRIPTION	LOCATION
Saturday, April 6	10 – 11 a.m.	<b>Learning Spaces for Infants and Toddlers</b> Learn to arrange your space to provide developmentally appropriate activities for infants and toddlers.	Mitchell
Saturday, April 13	9 – 10 a.m.	 <b>Make &amp; Take – Sensory Bins for Infants</b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen
Saturday, April 13	10 – 11 a.m.	<b>Learning Spaces for Infants and Toddlers</b> Learn to arrange your space to provide developmentally appropriate activities for infants and toddlers.	Aberdeen
Saturday, April 13	11 a.m. – Noon	 <b>Make &amp; Take – Sensory Bins for Toddlers</b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen
Wednesday, May 8	7:30 – 8:30 p.m.	 <b>Peaceful Play &amp; Naptime Transitions</b> Discover effective ways to calm a child's mind and body while preparing them for rest time. This class will provide ideas on scheduling, activities, and techniques to help rest time be as restful as possible for both the children and providers alike.	Aberdeen
Tuesday, May 21	6 – 7 p.m.	<b>A Bit About Biting</b> Just because biting is a common behavior for young children doesn't mean you should ignore it. Gain ways to decrease biting in the classroom.	Sioux Falls
Tuesday, May 21	7 – 8 p.m.	 <b>Make &amp; Take – Sensory Bins for Infants</b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Sioux Falls
Tuesday, June 11	6:30 – 7:30 p.m.	 <b>No More "No"</b> Learn about the power of choices to create a "yes" environment while supporting each child's social and emotional development.	Aberdeen

# Preschool Classes

Classes with an emphasis on caring for three to five year old children

DATE	TIME	TITLE & DESCRIPTION	LOCATION
Wednesday, May 8	6:30 – 7:30 p.m.	<b>NEW</b> <b>Make &amp; Take – Cozy Corner</b> Childcare instructors will learn about the purpose of a cozy corner, items to put in a cozy corner, and then make and take a cozy corner box to bring back to use with the children in their care.	Aberdeen
Monday, May 13	7:30 – 8:30 p.m.	<b>NEW</b> <b>Make &amp; Take – Sensory Bin for Preschoolers</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Sioux Falls
Tuesday, June 11	7:30 – 8:30 p.m.	<b>NEW</b> <b>Make &amp; Take – Sensory Bin for Preschoolers</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen

# Family Child Care Classes

Classes specific to care provided in family child care settings

DATE	TIME	TITLE & DESCRIPTION	LOCATION
Saturday, April 6	9 – 10 a.m.	<b>Thinking Outside the Box</b> Tired of the same old toys, learn how to use materials in new ways.	Mitchell
Saturday, May 25	9 – 10 a.m.	<b>Thinking Outside the Box</b> Tired of the same old toys, learn how to use materials in new ways.	Yankton
Saturday, May 25	10 – 11 a.m.	<b>Hooray for Lesson Plans</b> Having a weekly plan keeps your life going smooth...or at least smoother. Find out what lesson planning is all about, what a plan includes, and resources to help you out.	Yankton

# Saturday Spectacular

One-day event with classes for childcare providers on various ages and settings

DATE	TIME	TITLE & DESCRIPTION	LOCATION
Saturday, April 6	9 – 10 a.m.	<b>Thinking Outside the Box</b> Tired of the same old toys, learn how to use materials in new ways.	Mitchell
Saturday, April 6	10 – 11 a.m.	<b>Learning Spaces for Infants and Toddlers</b> Learn to arrange your space to provide developmentally appropriate activities for infants and toddlers.	Mitchell
Saturday, April 13	9 – 10 a.m.	<b>NEW</b> <b>Make &amp; Take – Sensory Bins for Infants</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen
Saturday, April 13	10 – 11 a.m.	<b>Learning Spaces for Infants and Toddlers</b> Learn to arrange your space to provide developmentally appropriate activities for infants and toddlers.	Aberdeen
Saturday, April 13	11 a.m. – Noon	<b>NEW</b> <b>Make &amp; Take – Sensory Bins for Toddlers</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen
Saturday, May 25	9 – 10 a.m.	<b>Thinking Outside the Box</b> Tired of the same old toys, learn how to use materials in new ways.	Yankton
Saturday, May 25	10 – 11 a.m.	<b>Hooray for Lesson Plans</b> Having a weekly plan keeps your life going smooth...or at least smoother. Find out what lesson planning is all about, what a plan includes, and resources to help you out.	Yankton

# Certified First Aid Classes

The American Heart Association's Pediatric First Aid course trains participants how to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives.



DATE	TIME	LOCATION
Saturday, April 6	1 – 3:30 p.m.	Sioux Falls
Saturday, May 4	1 – 3:30 p.m.	Aberdeen
Saturday, May 18	1 – 3:30 p.m.	Sioux Falls

# Adult/Child & Infant CPR/AED Classes

This American Heart Association's course offers instructor-led course and teaches adult, child and infant CPR/AED and choking.

DATE	TIME	LOCATION	DATE	TIME	LOCATION
Saturday, April 6	8:30 a.m. – Noon	Sioux Falls	Saturday, May 4	8:30 a.m. – Noon	Aberdeen
Monday, April 8	6:30 – 10 p.m.	Sioux Falls			
Tuesday, May 7	6:30 – 10 p.m.	Sioux Falls			
Saturday, May 18	8:30 a.m. – Noon	Sioux Falls			
Tuesday, May 28	6:30 – 10 p.m.	Sioux Falls			
Saturday, June 1	8:30 a.m. – Noon	Sioux Falls			
Saturday, June 22	8:30 a.m. – Noon	Sioux Falls			



## ONLINE ADULT/CHILD & INFANT CPR/AED TRAINING OPTION

Providers have an option to complete the education portion online and conduct face to face skill testing in Aberdeen or Sioux Falls.



Below is the process to conduct the education portion online and face to face skill testing:

- Complete the online course. Contact our office to receive online course link information.
- After completion of the online course, you will have 60 days to complete the face-to-face skill testing portion.
- Contact our office to schedule 1:1 skill testing. Certificate of completion of online course must be brought to skill testing.

# Online Learning Opportunities

## General Classes

Classes for caregivers of all ages of children

DATE	TIME	TITLE & DESCRIPTION
Monday, April 1	7 – 8 p.m.	<b>Planning Ahead for Good Guidance</b> Learn guidance-oriented, problem-solving approaches to decrease conflicts and help children experience success.
Thursday, June 6	6:30 – 7:30 p.m.	 <b>Cognitive Development - Thinking and Reasoning</b> Learn about ways to promote cognitive development through thinking and reasoning based on the South Dakota Early Learning Guidelines book.
Thursday, June 13	6:30 – 7:30 p.m.	 <b>Cognitive Development – Creative Art</b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.

## Infant/Toddler Classes

Classes with an emphasis on caring for six week to three year old children

DATE	TIME	TITLE & DESCRIPTION
Monday, May 6	6 – 7 p.m.	<b>Going Beyond Praise</b> Learn about Positive Descriptive Acknowledgement and how you can use it in your classroom to increase children's positive behavior and interactions.
Monday, May 6	7 – 8 p.m.	<b>Child Care Essentials: Reducing the Risk of SIDS</b> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).
Thursday, June 13	7:30 – 8:30 p.m.	<b>Prevention is Key! Understanding Behavior Management</b> This class focuses on de-escalation strategies and proactive solutions that teachers and other adults can use when working with children.

## Out of School Time Classes

Classes specific to care provided in out of school time settings

DATE	TIME	TITLE & DESCRIPTION
Monday, April 1	6 – 7 p.m.	<b>Ditch the Drama</b> Explore problem solving techniques to prevent gossip, power struggles, and conflict between fellow staff and supervisors.
Thursday, June 6	7:30 – 8:30 p.m.	<b>Beyond Counting Heads</b> What do you do if you're over ratio? How do you make sure everyone is accounted for after a transition? Learn why ratios are important and strategies for transitions.

## fitCare Classes

Classes to help caregivers provide a healthy lifestyle program for children in their care

DATE	TIME	TITLE & DESCRIPTION
Wednesday, April 3	6:30 – 8:30 p.m.	<b>Sweet Dreams</b> Exploring strategies for sleep and relaxation.

Wednesday, April 10	6:30 – 8:30 p.m.	<b>Mindful Moments</b> Supporting children's social and emotional development.
Wednesday, April 17	6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting physical activity and development.
Wednesday, April 24	6:30 – 8:30 p.m.	<b>We are What We Eat</b> Creating healthy nutrition environments.
Thursday, May 2	6:30 – 8:30 p.m.	<b>Sweet Dreams</b> Exploring strategies for sleep and relaxation.
Thursday, May 9	6:30 – 8:30 p.m.	<b>Mindful Moments</b> Supporting children's social and emotional development.
Thursday, May 16	6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting physical activity and development.
Thursday, May 23	6:30 – 8:30 p.m.	<b>We are What We Eat</b> Creating healthy nutrition environments.

## Resiliency Classes

Classes that cover the topics of resilience in young children, your own resilience, a strategy for challenging behavior and family resilience

DATE	TIME	TITLE & DESCRIPTION
Wednesday, April 10	7 – 8:30 p.m.	<p><b>All Children Come with Grown-ups Attached: Promoting Family Resilience</b></p> <p>The relationship between families and programs are essential to the well-being of children. When all goes well the partnership can be life changing for a child. During this workshop, participants will learn how to support family partnerships by (1) honoring family's values, cultures and emotions; (2) creating a mutual goal of supporting resilience in the child; and (3) promoting the resilience of adults within the family system as a pathway to family partnerships. Sometimes values, culture and emotions collide and create a strained relationship. With a focus on resilience and protective factors, this webinar will help participants better understand how to give one of the best gifts we can give children - a positive partnership between home and school.</p> <p><b>Register:</b> <a href="https://dcrc.me/3R49LN3">https://dcrc.me/3R49LN3</a></p>
Thursday, April 18	7 – 8:30 p.m.	<p><b>Don't Flip Out, Use FLIP IT: Transforming Challenging Behavior</b></p> <p>Children's challenging behavior seems to be on the rise. We are often stumped by what to say and do when a child has done something hurtful, impulsive, disruptive or disrespectful. FLIP IT is four, simple and effective steps to help us transform a difficult moment into one where everyone can learn and grow. We can help children learn about their feelings and gain self-control by using the mnemonic: Feelings, Limits, Inquiries, Prompts. FLIP IT is kind, practical, realistic, and will improve your relationships with children, ages 3-8 years old. During this keynote/workshop with the author, you will be inspired by real-life stories, have opportunities for personal reflection, and be ready to use this strategy immediately.</p> <p><b>Register:</b> <a href="https://dcrc.me/3Go2rHe">https://dcrc.me/3Go2rHe</a></p>



## ONLINE CLASS POLICY

Class registration is closed 48 hours prior to scheduled class start time. Monday class registration is closed at 5 p.m. on the Thursday prior to the class

Participants are emailed the class link, with instructions, within 24 hours prior to scheduled class start time. In order to receive credit for online classes, participants must:

- Log into class within 5 minutes of the class start time.
- Demonstrate attendance by participating in class polls and chats.
- Complete 1 learning statement at the end of the class.



# Child Care Provider Mental Health Support



YOUR DAYS ARE DEMANDING  
BOTH PHYSICALLY AND EMOTIONALLY.

If you feel overwhelmed or are struggling with emotions like anxiety, depression, stress, sadness, or fear, **YOU ARE NOT ALONE**. Finding a healthy way to work through these feelings is important for you and everyone around you.

## SEEKING RESOURCES AND INFORMATION IS AN IMPORTANT FIRST STEP.

We encourage you to continue down this path **by reaching out to one of the participating providers with the Child Care Behavioral Health Voucher Program**. This program offers funding assistance and support for mental health services for people working in child care.

### Some common indicators for mental health support include:

- ▶ You are having a hard time taking care of yourself or your family on a daily basis
- ▶ You experience abnormal sleep patterns—not sleeping at all or sleeping excessively
- ▶ Stress gets in the way of your daily activities several days in a row
- ▶ You feel sad, blue, hopeless, or depressed the majority of the time
- ▶ You worry excessively and experience anxiety that overtakes most of your thoughts
- ▶ You can't shake the impact of a trauma or loss in the past or caused by recent events
- ▶ You are using alcohol, drugs (including prescription drugs), other substances, or activities as a way to help you numb your pain
- ▶ You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors, and extreme behaviors
- ▶ You are thinking about suicide or harming yourself

CALL 211 FOR A CLINIC REFERRAL  
OR VISIT:

**605STRONG.com**



Contact a participating counseling provider of your choice for up to 8 mental health counseling sessions at no cost.

Vouchers are available for South Dakota state licensed or registered childcare providers and employees.



**Sanford**  
**Children's CHILD Services**  
5015 S Western Ave, Suite 120  
Sioux Falls, SD 57108

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
SANFORD

RETURN SERVICE REQUESTED

**2024 TRAINING SCHEDULE**  
APRIL/MAY/JUNE

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name  
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address  
city state zip