

# Sioux Falls Family

# Child Care News

January 2020 Volume 14 Issue 4

## Cabin Fever

We can all think back to a time when there was a bit too much energy in a house full of kids, just to realize it is too cold, windy, or snowy to go outside. How do you get all that energy out if you are “stuck inside?” Keep reading to find out how you can put that energy into action to help manage your day and help the children in your care feel better too!

Children receive many benefits from moving their bodies throughout the day. Physical activity strengthens children’s heart, bones, and lungs, provides an outlet to help manage challenging behaviors, and can help naptime negotiators relax. Regularly scheduled outside time may come to a screeching halt as soon as the weather shifts, but there is good news. Children can get all of these benefits from being active indoors! It does take a bit more planning and a few safety precautions, but the work is worth it as the benefits are endless.

It can be overwhelming to start to plan physical activity indoors when you begin to consider mixed ages and what space is available. One place to start, bring the outside in! One fun activity to get

### A Word from the Health Department

In the spirit of providing a more comprehensive community service to the daycare program, the City of Sioux Falls will begin implementing routine inspections on all in-home daycares beginning in 2020. This will initially involve randomly inspecting one third of all registered Family Day Care Providers each calendar year. If you have questions please contact the Sioux Falls Health Department at 367-8760.

children moving is by setting up a few tubs filled with snow in a safe place inside. Think different sizes of storage totes on top of a tablecloth on a water-safe floor. Fill the tubs with shovels, scoops, bowls, or other kitchen utensils. Not sure about the wet-mess, try filling your sensory tubs with cotton balls, packing peanuts, or a mix of pulled cotton and fake snowflakes together to allow children to enjoy the fun things their “snow” can do!

Sometimes we need to bring in the big, body play games for some quick bursts of activity to allow the children to “get the sillies out” and burn off that extra energy. A fun activity for kids to be a part of is building an obstacle course. Let the children help by getting out some pillows or other soft materials to climb over, or help move some chairs together to create a safe tunnel for them to climb through. Looking for a little more, have the obstacle course go throughout your space to allow for more challenges.

These are just a few ways to keep children active and moving to burn off that extra energy and get all of the benefits being active outdoors provides.

**2019 Annual Survey  
Look for the 2019  
Annual Survey in your  
mailboxes mid-January.**  
Please complete the survey!

Your feedback and input assists  
CHILD Services with program  
planning and class topic offerings.  
Return the survey, in the  
envelope provided, for a chance  
to win a \$25 Visa gift card.

**SANFORD**  
Children's

# Cabin Fever-FUN Winter Ideas

## Seasonal Sensory Bin-Winter Fun

Kids can create an igloo, dens, or snowmen

- Fake Snow
- Small Shovels
- Pine Branches
- Pine Cones
- Loose Parts for Sled
- Marshmallows
- Tooth picks
- Little play animals

## Snow Globe

- Small Jars
- Baby oil
- Water
- Glitter
- Glue
- Small winter objects



# Winter books to read with children

- **The First Day of Winter**  
by Denise Fleming
- **The Jacket I Wear in the Snow**  
by Shirley Neitzel
- **Red Sled**  
by Lita Judge
- **The Snowy Day**  
by Ezra Jack Keats
- **Snowballs**  
by Lois Ehlert
- **Ten on the Sled**  
by Kim Norman



## CPR Class Policy

CPR classes sponsored by the City of Sioux Falls Health Department through Sanford CHILD Services are provided free of charge to Sioux Falls City registered family day care providers and their helpers. Registration for CPR classes is limited to 9 people per class. To help ensure CPR education is available throughout the year to Sioux Falls City registered family day care providers, the following policy exists:

1. Class registration is limited to Sioux Falls city registered family day care providers and their helpers.
2. Sioux Falls City registered family day care providers, and their helpers, receive one free CPR class per year.

## CPR Cancellation Policy

1. Cancellation of CPR class registration needs to be made 24 hours prior to the start of the CPR class. By doing so, allows others to enroll in the CPR class.
2. If notice of cancellation is not received 24 hours prior to the CPR class, the registrant will have used up his/her free CPR class for the year. A payment of \$20 will be needed to enroll in another City of Sioux Falls Health Department sponsored CPR class.

# Mark Your Calendars!

## CPR Opportunities

CPR classes held at CHILD Services. Verify CPR class location when registering.

### Class Dates:

Thursday, January 23 | 6:30 – 10 p.m.

Saturday, February 8 | 8:30 a.m. – Noon

Saturday, March 14 | 8:30 a.m. – Noon

Thursday, March 26 | 6:30 – 10 p.m.



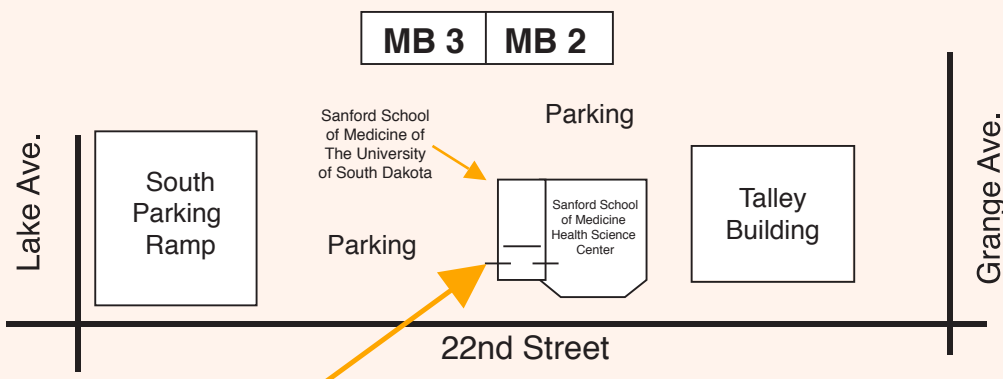
## Learning Opportunities

Verify classroom when registering.

Date/Time	Class Title	Location	Category
Thursday, January 9 7 – 8 p.m.	<b>Child Care Essentials: Shaken Baby Syndrome</b> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	On-line	<i>Child Abuse &amp; Neglect</i>
Monday, January 13 7 – 8 p.m.	<b>Safe Sleep Practices and Reducing the Risk of SIDS</b> Learn to provide a safe environment for children's rest, and how to reduce the risk of Sudden Infant Death Syndrome.	Sioux Falls	<i>Safety &amp; Health</i>
Saturday, January 25 9 – 11:30 a.m.	<b>Certified First Aid</b> Learn to handle child illness and injuries in the first few minutes until professional help arrives. A Heartsaver Pediatric First Aid Course completion card will be given to students upon successful completion of the course. Course renewal is every 2 years.	Sioux Falls	<i>Safety &amp; Health</i>
Thursday, January 30 7 – 8 p.m.	<b>Emotion Motion</b> Learn how to teach children to be more aware of their bodies' response to stress and ways to help them calm themselves down.	Sioux Falls	<i>Guidance &amp; Discipline</i>
Monday, February 10 7:30 – 8:30 p.m.	<b>The Period of PURPLE Crying</b> The Period of PURPLE Crying is a way to help parents and providers understand this time in a baby's life, which is a normal part of every infant's development.	Sioux Falls	<i>Sanitation &amp; Health</i>
Tuesday, February 18 7 – 8 p.m.	<b>Promoting Yourself As a Professional</b> What does it take to be viewed as a professional? Learn strategies to promote yourself as a professional.	Sioux Falls	<i>Family Life &amp; Communications</i>
Thursday, February 27 7 – 8 p.m.	<b>Guidance for All Ages</b> One size doesn't fit all when it comes to guidance, learn techniques that work with the different ages and stages of the children in your care.	Sioux Falls	<i>Guidance &amp; Discipline</i>
Monday, March 2 7 – 8 p.m.	<b>Don't Step on the Baby!</b> Learn ways to promote the development of all ages in your mixed age setting	Sioux Falls	<i>Child Development</i>
Tuesday, March 10 7:30 – 8:30 p.m.	<b>SUIDS</b> Creating a safe environment is not always easy. Learn practices to keep infants under 1 year of age safe, with emphasis on the most recent safe sleep standards.	Sioux Falls	<i>Sudden Infant Death Prevention</i>
Monday, March 23 7 – 8 p.m.	<b>Food Handling Techniques</b> Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	Sioux Falls	<i>Food Handling Techniques</i>

Class size may be limited, so registration is required. For more information on the classes, class location or to register; call CHILD Services at (605) 312-8390.

## CHILD Services Office and Class Locations



Go in the main entrance of the Sanford School of Medicine Health Science Center (1400 W. 22nd). Instead of going straight ahead into the Wegner Library, turn left and go through the double doors. Signs will be posted to guide you.

**Office Location:**  
CHILD Services Office  
5015 S. Western Ave Suite 120  
Sioux Falls, SD 57108  
(605) 312-8390  
(800) 235-5923

