

Sanford Children's CHILD Services of Sioux Falls

Region Five Newsletter | December/January/February 2019



Self-Care: Managing Stress in Your Day

Working with children requires patience, flexibility and creativity. It also requires the ability to manage your stress as you encounter various potential stressful moments in your day. Unmanaged stress can wreak havoc on your physical health and emotional balance, making it hard for you to take care of yourself and others.

Symptoms of stress

Throughout your day, you may experience stressful situations with parents, co-workers or children at work as well as stress in your personal life. Do you ever experience common signs of stress such as:

- Tensing up of your shoulders
- Clenching of your jaw
- Getting a headache
- Increasing of your heart rate
- Feelings of irritability and short tempered

If so, it's important to have some simple and easy to use stress management tips to use during your day as stressful moments occur.

Stress management tips

Keep the following tips handy and use what works for you when you start feeling the symptoms of stress:

- Deep breaths. Taking a few deep breaths can quickly help relieve your stress. Breathe deeply through your nose and let your shoulders rise; then exhale through your mouth and let your shoulders relax.
- Shoulder rolls. Take a few seconds and roll your shoulders backwards and then forwards; this helps relieve tension.
- Keeping things in perspective. Pause in the moment and ask yourself, Will this issue still matter next week? Next month? In a year? If the answer is no, take a deep breath and remind yourself that the issue at hand is temporary and not worth the emotional energy you are giving it. Keeping things in perspective is crucial to managing stress.
- Manage your self-talk. One of the hardest things to do in a day is to manage your own self-talk. Negative thinking increases your focus on what irritates and stresses you. Turn negative thoughts around and look for and focus on what is going right.
- Accept things beyond your control. Instead of stressing out over what someone else is doing, focus on what you can control - your reaction to the person or situation.

Stress is going to happen in your day; everyone experiences it. Manage your stress throughout the day so you have stressful moments, not stressful days.

To learn more, register for Take Time to Breathe on January 17. See page 4 for more details.

Meet the Staff

ECE Region 5 Director:

Kim Overby

CHILD Manager:

Terra Johnson

CHILD Supervisor:

Margie Schade

Infant Toddler Specialist:

Naomi Hoffman

Training Staff:

Amy Heisinger

Casey Johnston

Jessica Fink

Karli Dubro

Katrina Anderson

Margie Schade

Mindy Greenfield

Naomi Hoffman

Sarah Shin

Sue Illg

Teri Pieters

CHILD Services Office Hours:

Monday – Friday,
8 a.m. – 5 p.m.



SANFORD
Children's

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This publication was funded by the Department of Social Services, Division of Child Care Services.

Sioux Falls WOW 10th Anniversary

Saturday, January 19, 2019

8:30 a.m. – 4 p.m.

Washington Pavilion
Downtown Sioux Falls, SD

Lisa Murphey, the Ooey Goey Lady is back!

Lisa is a dynamic speaker and one of the most sought after in Early Childhood Education! She will make you laugh and send you home with ideas to use the very next week.

For more info visit <http://siouxfallswow.weebly.com/>

South Dakota Early Childhood Education Conference

April 4 – 6, 2019

Pierre, SD
Ramkota Hotel &
Convention Center

Find more information at
www.sdaeyc.org/conferences

Child Care Professionals Conference

April 26 – 27, 2019

Watertown, SD
Watertown Event Center

Find more information at
<https://fccpsd.org>

ECE Class Policy

To ensure accurate class registration, individuals must call to register for classes.

e-Learning Online Classes

In order to receive credit for online classes, participants must:

1. Log into class within 5 minutes of the class start time.
2. Demonstrate attendance by participating in class polls and chats
3. Complete 3 learning statements at the end of the class.

Classroom Classes

1. Class participants arriving later than 10 minutes past the class start time will not be given credit for class attendance.
2. CHILD Services strives to provide a positive learning environment for all participants. If a class participant disrupts the positive learning environment, the participant risks not being given credit for the class.
3. CHILD Services respects the attention needs of young children and the learning needs of class participants. In order to maintain an appropriate learning environment for all class attendees, children are not allowed to attend classes with a class participant.



CPR and Certified First Aid

CPR and Certified First Aid Class Registration

and Payment Policy: Certified First Aid & CPR reservation is not confirmed until payment is received. If payment has not been received 24 hours prior to the start of the class, this class reservation will be given to the first participant that secures this reservation with a payment.

CPR and Certified First Aid Class Refund Policy: *Class cancellation is required prior to the start of class, otherwise payment will be forfeited and is non-transferable.*

Heartsaver® CPR AED

This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches skills with the AHA's practice-while-watching technique, which allows instructors to observe the students and provide feedback.

Fee: \$20 per class

Class Dates:

Saturday, December 8, 2018 • 8:30 – Noon – Sioux Falls
Saturday, January 12, 2019 • 8:30 – Noon – Sioux Falls
Tuesday, January 29, 2019 • 6:30 – 10 p.m. – Sioux Falls
Saturday, February 16, 2019 • 8:30 – Noon – Sioux Falls
Tuesday, February 26, 2019 • 6:30 – 10 p.m. – Sioux Falls
(Location details given upon registration)

Certified First Aid

The American Heart Association's Heartsaver Pediatric First Aid Course offers pediatric first aid training solutions for child care providers. This course contains information on how to manage illness and injuries in a child 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.

Fee: \$5 per class

Class Dates:

(Additional classes may be added – check website for updates)

Saturday, January 12, 2019
1 – 3:30 p.m. – Sioux Falls

See General Classes for Basic First Aid
for Child Care Providers

Check out our classes online at www.sanfordhealth.org/CHILDservices.

Register for classes by calling (605) 312-8390 or (800) 235-5923.

fitCare Learning Opportunities

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings.

Classes

Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Wednesday, January 9 6:30 – 8:30 p.m.	Be fit ... RECHARGE Your Energy Learn about what it means to be <i>fit</i> as well as ways to ensure children get their rest and relaxation so they have the energy to make healthy choices.	\$0	Online	Program Health & Safety Learning Environments
Wednesday, January 16 6:30 – 8:30 p.m.	Motivate Your MOOD Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.			Guidance & Behavior Management Age Appropriate Activities
Wednesday, January 23 6:30 – 8:30 p.m.	Think Your FOOD Food habits start early in life. Learn how to teach children about making healthy food choices.			Nutrition for Children Learning Environments
Wednesday, January 30 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.			Child Growth & Development Age Appropriate Activities
Thursday, January 31 6:30 – 8:30 p.m.	Think Your FOOD See above for class descriptions.	\$0	Sioux Falls	Nutrition for Children Learning Environments
Tuesday, February 12 6:30 – 8:30 p.m.	Think Your FOOD See above for class descriptions.	\$0	Online	Nutrition for Children Learning Environments
Thursday, February 28 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Online	Child Growth & Development Age Appropriate Activities
fitCare Technical Assistance	<u>Taking a fitCare class is required to participate</u> Complete a fitCare self-assessment, determine a goal and receive technical assistance with individual coaching to help develop an action plan to reach your goal.	Licensing Credit Available		Categories determined based on Action Plan

General Learning Opportunities

Classes for caregivers of all ages of children.
(Location details given upon registration)



Classes

Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Tuesday, December 4 7:30 – 8:30 p.m.	Take a Detour - Get a New View How do you look at your role as a child care provider? How do others view what you do? Take a detour and learn ways to help you and others value the important work you do.	\$0	Sioux Falls	Professionalism
Thursday, December 6 6:30 – 7:30 p.m.	Communicable Diseases (O) What is a communicable disease? How do you prevent its transmission? Learn how germs are transmitted and how to keep children healthy.	\$5	Online	Identification & Prevention of Communicable Diseases
Thursday, December 6 7:30 – 8:30 p.m.	Basic First Aid for Child Care Providers (O) Participants will gain knowledge related to common childhood accidents and injuries and will receive instruction that will enable caregivers to perform first aid.	\$5	Online	Program Health & Safety

Check out our classes online at www.sanfordhealth.org/CHILDservices.
Register for classes by calling (605) 312-8390 or (800) 235-5923.

Tuesday, December 11 6:30 – 7:30 p.m.	Medication Administration (O) Learn why, when and how to safely give medication in child care.	\$5	Online	<i>Program Health & Safety</i>
Tuesday, January 8 6:30 – 7:30 p.m.	Subtle Signs: Child Neglect Neglect is the most common type of child maltreatment, and is more difficult to recognize than physical abuse. Learn the subtle signs of neglect, and how to take steps to help.	\$5	Online	<i>Child Abuse & Neglect</i>
Tuesday, January 8 7:30 – 8:30 p.m.	Food Handling Techniques Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	\$5	Online	<i>Food Handling Techniques</i>
Tuesday, January 15 6:30 – 7:30 p.m.	Supporting The Abused Child Your childcare program can be a refuge for children who are being abused or neglected. Learn effective techniques for supporting these children.	\$5	Online	<i>Child Abuse & Neglect</i>
Tuesday, January 15 7:30 – 8:30 p.m.	The Period of PURPLE Crying (O) 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.	\$5	Online	<i>Child Abuse & Neglect</i>
Thursday, January 17 6 – 7 p.m.	Take Time to Breathe Learn ways to relieve your stress in the midst of your chaotic day.	\$0	Sioux Falls	<i>Professionalism</i>
Thursday, January 24 6 – 7 p.m.	Nutrition In A Junk Food World How to keep healthy eating a goal for children and families when the temptation of junk food is everywhere.	\$5	Online	<i>Nutrition for Children</i>
Saturday, January 26 9 – 10 a.m.	What's An Open-Ended Question? Learn to make simple changes to ask questions that will encourage children's thinking skills & support their communication & language development.	\$0	Yankton	<i>Interpersonal Communication and Relationships</i>
Saturday, January 26 10:15 – 11:15 a.m.	Got the Miscommunication Blues? Struggling with how to communicate well with parents? Learn ways to get your message across in a clear, non-confrontational manner.	\$0	Yankton	<i>Partnerships with Parents</i>
Saturday, January 26 11:30 a.m. – 12:30 p.m.	It's A Small World SD is becoming more & more culturally diverse; learn who may be moving into your childcare 'neighborhood', and how to welcome & support them.	\$0	Yankton	<i>Cultural Diversity</i>
Saturday, February 2 9 – 10 a.m.	Relighting Your Candle Caring for children involves giving of yourself and it can be stressful at times. Explore tips to positively handle stress and provide quality self-care.	\$0	Vermillion	<i>Professionalism</i>
Tuesday, February 5 6:30 – 7:30 p.m.	1-2-3 Science Learn to integrate science concepts, exploration, and developmentally appropriate activities into children's daily experiences.	\$0	Sioux Falls	<i>Learning Environments</i>
Thursday, February 14 7:30 – 8:30 p.m.	You Gotta Have Friends Making friends and being a good friend don't come easily to some children. Learn how to help children develop friendship skills that will last them a lifetime.	\$0	Sioux Falls	<i>Child Growth & Development</i>

Lesson Planning Series
Registration per class is not available. Participants must register for the entire series.

Tuesday, February 5 7:30 – 9 p.m.	Lesson Plan Basics Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$5	Online	<i>Program Management & Regulations</i>
Tuesday, February 12 7:30 – 9 p.m.	Developing and Creating Lesson Plans Explore a variety of lesson plans, evaluate activity ideas to meet children's needs, and how to plan in a timely fashion.	\$5	Online	<i>Child Growth & Development</i>
Tuesday, February 19 7:30 – 9 p.m.	Using Child Interests, Themes and Projects Learn about different approaches to planning and how each can lead to quality learning for children.	\$5	Online	<i>Observing Children</i>
Tuesday, February 26 7:30 – 9 p.m.	Purposeful Activities Bring together all the lesson planning pieces and share creative ideas that have worked. (Birth to age 8 focused).	\$5	Online	<i>Age Appropriate Activities</i>

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Check out our classes online at www.sanfordhealth.org/CHILDservices.
Register for classes by calling (605) 312-8390 or (800) 235-5923.

Social Emotional Learning Opportunities: Ideas and insight to positive guidance and behavior management techniques

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Tuesday, December 11 7:30 – 8:30 p.m.	Build Relationships Across Cultures Build better caregiver/child relationships by understanding and supporting children's family culture and background.	\$5	Online	<i>Cultural Diversity</i>

Social Emotional Infant Toddler Series: Registration per class is not available. Participants must register for the entire series.

Thursday, January 10 7:30 – 9 p.m.	Importance of Relationships How exactly do our relationships with children influence the connection between children's social emotional development and challenging behaviors? We will explore this question along with ways to support positive behavior and build relationships.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, January 17 7:30 – 9 p.m.	Creating Supportive Environments & Routines Explore ways to create meaningful & engaging learning spaces which promote social emotional development & support appropriate behaviors.	\$5	Online	<i>Learning Environments</i>
Thursday, January 24 7:30 – 9 p.m.	Social Emotional Teaching Strategies Participants will discuss ways to be intentional about teaching social emotional skills, identify strategies for supporting the development of friendship skills and activities that build children's feeling vocabularies.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, January 31 7:30 – 9 p.m.	Supporting Children's Success Learn to react to challenging behaviors and support children learning problem solving skills and to handle anger & disappointment.	\$5	Online	<i>Guidance & Behavior Management</i>

Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children
6 weeks to three years old.



Classes – Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Saturday, February 2 11:30 a.m. – 12:30 p.m.	Explore and Play Throughout the Day with Infants and Toddlers Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	\$0	Vermillion	<i>Learning Environments</i>
Tuesday, February 5 7:30 – 8:30 p.m.	Becoming Sherlock Holmes We 'see' what infants & toddlers do, but may not formally 'observe' them. Deduce how to support ongoing learning with new observation strategies.	\$0	Sioux Falls	<i>Observing Children</i>

Infant/Toddler Best Practice Series: Best practice is known as strategies, activities, and approaches that are most effective in early childhood.

Thursday, February 7 7:30 – 9:30 p.m.	Continuity of Care in Small Infant & Toddler Groups Essential practices of primary care, continuity of care, and small group sizes.	\$5	Online	<i>Child Growth & Development</i>
Thursday, February 14 7:30 – 9:30 p.m.	Culturally Diverse Caregiving: Partnering with Parents Partnering with families to honor and incorporate children's cultures in everyday caregiving.	\$5	Online	<i>Cultural Diversity</i>
Thursday, February 21 7:30 – 9:30 p.m.	Responsive Care and Inclusion of All Infants & Toddlers Best practices in providing individualized care; providing inclusive care for children with special needs.	\$5	Online	<i>Inclusion of All Children</i>
Thursday, February 28 7:30 – 9:30 p.m.	Planning Their Day: Routines, Schedules & Transitions Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.	\$5	Online	<i>Age Appropriate Activities</i>

Check out our classes online at www.sanfordhealth.org/CHILDservices.
Register for classes by calling (605) 312-8390 or (800) 235-5923.

Preschool Learning Opportunities

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

(Location details given upon registration)



Classes

Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Thursday, January 24 7 – 8 p.m.	Balancing Parent Expectations Learn ways to work with parents to help them understand appropriate expectations of preschool aged children.	\$5	Online	Partnerships with Parents
Saturday, February 2 10:15 – 11:15 a.m.	FLIP It Learn a strength-based, common sense & effective four-step strategy when confronting children's challenging behaviors.	\$0	Vermillion	Guidance & Behavior Management
Thursday, February 14 6:30 – 7:30 p.m.	Building Relationships 101 Quality child care involves building relationships with the whole family, learn ways to engage parents in your preschool setting.	\$0	Sioux Falls	Partnerships with Parents

Preschool Best Practice Series

Tuesday, December 4 6:30 – 8:30 p.m.	Preschool Best Practice Part 3 Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Learn about best practices to foster children's social-emotional development.	\$0	Sioux Falls	Child Growth & Development
Tuesday, December 11 6:30 – 8:30 p.m.	Preschool Best Practice Part 4 Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Learn about observation and assessment of children.	\$0	Sioux Falls	Observing Children

Preschool Early Learning Guidelines Series: Registration per class is not available. Participants must register for the entire series.

Tuesday, January 8 7:30 – 9 p.m.	Approaches to Learning for Preschoolers The use of everyday tasks and an enriching environment to support creativity, imagination, and increasingly complex & challenging play.	\$5	Online	Age Appropriate Activities
Tuesday, January 15 7:30 – 9 p.m.	Social & Emotional Development in Preschoolers Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	\$5	Online	Guidance & Behavior Management
Tuesday, January 22 7:30 – 9 p.m.	Communication, Language & Literacy in Preschoolers Providing an environment for daily exploration, play, & social interactions to support early literacy skills & oral language development..	\$5	Online	Interpersonal Communication & Relationships
Tuesday, January 29 7:30 – 9 p.m.	Cognitive, Health & Physical Development in Preschoolers Building relationships and providing an environment & activities to support reasoning, motor development, and health & safety skills.	\$5	Online	Child Growth & Development

Out of School Time Learning Opportunities

Classes with an emphasis on caring for school age children. (Location details given upon registration)

Classes

Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Thursday, February 7 6:30 – 7:30 p.m.	Friendship Across Cultures Encourage and support friendships between school-age children who speak different languages, and honor all cultures represented in your program.	\$0	Sioux Falls	Cultural Diversity

Family Child Care Provider Focus Learning Opportunities

Classes specific to care provided in a family daycare setting. (Location details given upon registration)

Classes

Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Monday, December 4 6:30 – 7:30 p.m.	Everyone is Welcome at My House Learn how the American Disability Act (ADA) affects child care. Gain tips to support each child's unique strengths, interests, and talents.	\$0	Sioux Falls	<i>Inclusion of All Children</i>
Thursday, January 17 7 – 8 p.m.	I Don't Sit on Babies! Learn strategies for promoting yourself as a professional to your families and community.	\$0	Sioux Falls	<i>Professionalism</i>

Family Day Care Best Practice Series: Registration per class is not available. Participants must register for the entire series.

Tuesday, February 5 7:30 – 9:30 p.m.	Purposeful Planning: Healthy & Safe Learning Environments High quality practices to ensure children's physical and developmental well-being; comprehensive health & safety program planning.	\$5	Online	<i>Program Health & Safety</i>
Tuesday, February 12 7:30 – 9:30 p.m.	Best Practices in Relationship Building Best practices for caring, respectful, & committed relationships with and between children & families; balancing parenting & caregiving roles.	\$5	Online	<i>Interpersonal Communication & Relationships</i>
Tuesday, February 19 7:30 – 9:30 p.m.	Developmentally Appropriate Learning Activities in Family Child Care High quality practices for providing activities & materials to support children in developing skills & gaining an understanding of their world.	\$5	Online	<i>Child Growth & Development</i>
Tuesday, February 26 7:30 – 9:30 p.m.	Professional & Business Practices in Family Child Care High quality, caring, and ethical best practices for professional and business policies & procedures.	\$5	Online	<i>Program Management & Regulations</i>

Rural Child Care Provider Learning Opportunities

Classes offered in rural areas in southeastern South Dakota. (Location details given upon registration)

Classes

Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Saturday, February 2 9 – 10 a.m.	Relighting Your Candle Caring for children involves giving of yourself and it can be stressful at times. Explore tips to positively handle stress and provide quality self-care.	\$0	Vermillion	<i>Professionalism</i>
Saturday, February 2 10:15 – 11:15 a.m.	FLIP It Learn a strength-based, common sense & effective four-step strategy when confronting children's challenging behaviors.	\$0	Vermillion	<i>Guidance & Behavior Management</i>
Saturday, February 2 11:30 a.m. – 12:30 p.m.	Explore and Play Throughout the Day with Infants and Toddlers Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	\$0	Vermillion	<i>Learning Environments</i>
Saturday, January 26 9 – 10 a.m.	What's An Open-Ended Question? Learn to make simple changes to ask questions that will encourage children's thinking skills & support their communication & language development.	\$0	Yankton	<i>Interpersonal Communication and Relationships</i>
Saturday, January 26 10:15 – 11:15 a.m.	Got the Miscommunication Blues? Struggling with how to communicate well with parents? Learn ways to get your message across in a clear, non-confrontational manner.	\$0	Yankton	<i>Partnerships with Parents</i>
Saturday, January 26 11:30 a.m. – 12:30 p.m.	It's A Small World SD is becoming more & more culturally diverse; learn who may be moving into your childcare 'neighborhood', and how to welcome & support them.	\$0	Yankton	<i>Cultural Diversity</i>

Saturday Spectacular

A one-day event with classes for caregivers of all ages and all settings.

Saturday, February 23 • Sign-in begins at 8:30 a.m. Location: Sanford USD Medical Center, Schroeder Auditorium

Cost: Free (3 hours of licensing-approved training available)



Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Saturday, February 23 9 – 10 a.m.	Making Connections What's going on in the brain during play? Learn how early experiences can help make and strengthen brain connections.	\$0	Sioux Falls	Age Appropriate Activities
Saturday, February 23 10:15 – 11:15 a.m.	A Bit About Biting 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.	\$0	Sioux Falls	Guidance & Behavior Management
Saturday, February 23 11:30 a.m. – 12:30 p.m.	Questions to Encourage Thinking Everyday conversations matter; learn how to use questions to help children discover and construct knowledge about the people and world around them.	\$0	Sioux Falls	Interpersonal Communication & Relationships

e-Learning Online Opportunities

We know life can be busy...
So we are bringing learning right to you.



Live engaging online classes via the internet.

Requirements:

- Computer with internet connectivity
- Adobe Flash Player 10.1 or higher
Free Flash Player – download at www.adobe.com
- Due to technical incompatibility, do not use smart phones to access online classes

e-Learning Online Class Policy:

- Class registration is closed 48 hours prior to scheduled class start time.
- Monday class registration is closed 5 p.m. on the Thursday prior to the class.
- Online classes are \$5 per class hour.

- Class registration is secured once payment is received.
- Class participants are emailed the class link within 24 hours prior to scheduled class start time.
- **Class credit:** Credit is given once all class requirements are completed:
 - Log into class within 5 minutes of the class start time.
 - Demonstrate attendance by participating in class polls and chats.
 - Complete 3 learning statements at the end of the class.
- **Refunds:** No cash refunds are given for online classes. Credit will be given towards another online class if cancellation is received 24 hours prior to class.

e-Learning Online Opportunities

Learn and Take: Learn today – put your learning into practice tomorrow.

Thursday, December 6 6:30 – 7:30 p.m.	Communicable Diseases (O) What is a communicable disease? How do you prevent its transmission? Learn how germs are transmitted and how to keep children healthy.	\$5	Online	Identification & Prevention of Communicable Diseases
Thursday, December 6 7:30 – 8:30 p.m.	Basic First Aid for Child Care Providers (O) Participants will gain knowledge related to common childhood accidents and injuries and will receive instruction that will enable caregivers to perform first aid.	\$5	Online	Program Health & Safety
Tuesday, December 11 6:30 – 7:30 p.m.	Medication Administration (O) Learn why, when and how to safely give medication in child care.	\$5	Online	Program Health & Safety
Tuesday, December 11 7:30 – 8:30 p.m.	Build Relationships Across Cultures Build better caregiver/child relationships by understanding and supporting children's family culture and background.	\$5	Online	Cultural Diversity
Tuesday, January 8 6:30 – 7:30 p.m.	Subtle Signs: Child Neglect Neglect is the most common type of child maltreatment, and is more difficult to recognize than physical abuse. Learn the subtle signs of neglect, and how to take steps to help.	\$5	Online	Child Abuse & Neglect
Tuesday, January 8 7:30 – 8:30 p.m.	Food Handling Techniques Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	\$5	Online	Food Handling Techniques

Tuesday, January 15 6:30 – 7:30 p.m.	Supporting The Abused Child Your childcare program can be a refuge for children who are being abused or neglected. Learn effective techniques for supporting these children.	\$5	Online	<i>Child Abuse & Neglect</i>
Tuesday, January 15 7:30 – 8:30 p.m.	The Period of PURPLE Crying (O) 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.	\$5	Online	<i>Child Abuse & Neglect</i>
Thursday, January 24 6 – 7 p.m.	Nutrition In A Junk Food World How to keep healthy eating a goal for children and families when the temptation of junk food is everywhere.	\$5	Online	<i>Nutrition for Children</i>
Thursday, January 24 7 - 8 p.m.	Balancing Parent Expectations Learn ways to work with parents to help them understand appropriate expectations of preschool aged children.	\$5	Online	<i>Partnerships with Parents</i>

More e-Learning Online Opportunities in this Newsletter

fitCare Classes • See page 3 for more information	Online	<i>Various Categories</i>
Lesson Planning Series • See page 4 for more information	Online	<i>Various Categories</i>
Social Emotional Infant Toddler Series • See page 5 for more information	Online	<i>Various Categories</i>
Infant Toddler Best Practice Series • See page 5 for more information	Online	<i>Various Categories</i>
Preschool Early Learning Guidelines Series • See page 6 for more information	Online	<i>Various Categories</i>
Family Day Care Best Practice Series • See page 7 for more information	Online	<i>Various Categories</i>

Management Opportunities

Want help in developing a physical activity policy for your center?
We can help! Join this informational webinar to see if you want to get started today.

When: Thursday, December 13 • 6:30 – 7:30 p.m.

Building a Policy: Physical Activity

Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on physical activity.

Location: Online

Fee: \$0

Licensing/Pathways: Professionalism

“Staff have a positive attitude about leading physical activities and there has been a significant decrease in challenging behaviors.”
– Director Participant after completing a policy

Have you hired new staff recently?

After July 1, 2017 all new hires have 90 days to complete orientation training. South Dakota state-specific orientation training can be accessed through this website: <http://www.sdstate.edu/frn>
Click on Orientation to Child Care then South Dakota Orientation Training On-Demand.

Management Support Services

CHILD Services teaches classes, but did you know we offer services to help you in your everyday program management too?

- Looking for answers to enhance your staff's professional development needs?
- Wondering how to help your teachers manage their classrooms?
- Need assistance in developing partnerships with your parents?
- New to managing a child care program and don't know where to start?

CHILD Services can help! Just give us a call and we'll help you sort through which services will best meet your needs.

Professional Development Opportunities

Child Development Associate Classes

Classes to prepare participants to apply for a Child Development Associate (CDA) credential.

CDA Hybrid

What is CDA Hybrid?

- CDA Hybrid is a combination of online and in-person classes.
- Each CDA course is three online classes and one in-person class.

Why Earn a CDA?

1. Increase your **professional knowledge**.
2. Have **confidence** when working with the children in your care.
3. Establish your **credibility** with parents.
4. Gain **professional recognition** in your field.
5. **Articulates to Associate or Bachelor degree credits** in higher education program in South Dakota.

How many classes do I need to take to apply for my CDA?

- 32 classes in total (8 courses with 4 classes each)

What's the cost for CDA classes and CDA Credential application?

- \$95 registration fee (covers the cost of the books)
- \$700 course tuition fee (includes classes and paperwork assistance)
- \$425 to apply for your CDA Credential

*Scholarships and payment plans are available based on eligibility

I'm interested but have questions. What's my next step?

Call to speak with our CDA Specialist or register for the CDA Informational Meeting.

I want to take CDA classes. What's my next steps?

Call for a CDA application.

I've finished taking the CDA classes and ready to apply for my credential.

What's my next steps?

Checkout www.cdacouncil.org or call CHILD Services and talk to our CDA specialist.

What do I need to do to renew my CDA Credential?

You can go to www.cdacouncil.org and find out how to renew your certification.

Benefits of CDA Hybrid

Combines the best of both class types!

Online classes provide:

- Live interactive experiences
- Less travel time
- Convenient access

In-person classes provide:

- Support with assignment completion
- Networking with others
- Engaging discussions

CDA Informational Meeting

Tuesday, November 13 2018
6:30 – 7:30 p.m.
Sioux Falls, SD

Learn about CDA class requirements, fees, and scholarship opportunities.

Licensing/Pathways:
Professionalism
Please register by calling,
(605) 312-8390

CDA Renewal

CDA renewal fee is \$150 for paper renewal applications and \$125 for online renewal applications submitted through YourCDA.

When do I need to renew my CDA?

A CDA Credential is valid for three years from the date of award, each Credential issued after June 1, 2013 will need to be renewed every three years. Please remember, it is your responsibility to keep track of when you need to renew your CDA. Sanford Children's CHILD Services does not maintain renewal dates and will not be notifying you when your expiration is drawing near. You can go to www.cdacouncil.org and find out how to renew your certification.

Check out our classes online at www.sanfordhealth.org/CHILDServices.

Register for classes by calling (605) 312-8390 or (800) 235-5923.

Pathways to Professional Development Series

(Formerly Supplemental Training Series)

- Three courses conveniently offered online.
 - Open enrollment allowed for each course of the series.
 - Registration per class is not available. Participants must register for all classes that are part of a course.
- Out-of-class time work required for course credit.
- Complete your CDA and take all three courses of the Pathways to Professional Development Series to receive college credit when you enroll in participating South Dakota colleges and universities.
 - Earn up to twelve college credits (credits allowed depend on participating South Dakota college or university policy).

Meeting Children’s Basic Needs (SDCDA 300)

Monday, January 7 7:30 – 10 p.m.	Providing a Safe & Healthy Environment Early childhood health and safety standards and applications.	\$10	Online	<i>Program Health & Safety</i>
Monday, January 14 7:30 – 10 p.m.	Providing for Children’s Nutritional Needs Professional and personal use of USDA SuperTracker resources, childcare nutritional standards & responsibilities.		Online	<i>Nutrition for Children</i>

How Children Learn and Grow (SDCDA 310)

Monday, January 21 7:30 – 10 p.m.	Theories of Child Development: Prenatal, Birth & Early Brain Development Overview of the latest research in early brain development and its impact and applications for ECE professionals.	\$25	Online	<i>Child Growth & Development</i>
Monday, January 28 7:30 – 10 p.m.	Theories of Child Development: Dewey & Montessori Overview of research methods and the history of theories of child development; the theories of Dewey & Montessori.		Online	<i>Child Growth & Development</i>
Monday, February 4 7:30 – 10 p.m.	Theories of Child Development: Erikson, Bronfenbrenner & Bandura Developmental theories of Erikson, Bronfenbrenner & Bandura; ongoing critical thinking and comparison of various theories.		Online	<i>Child Growth & Development</i>
Monday, February 11 7:30 – 10 p.m.	Theories of Child Development: Piaget & Vygotsky Developmental theories of Piaget & Vygotsky; professional and personal implications of Gardner’s theories of multiple intelligences.		Online	<i>Child Growth & Development</i>
Monday, February 18 7:30 – 10 p.m.	Growth and Development of School-Age Children Overview of school age children’s growth and development.		Online	<i>Child Growth & Development</i>

You the Professional (SDCDA 320)

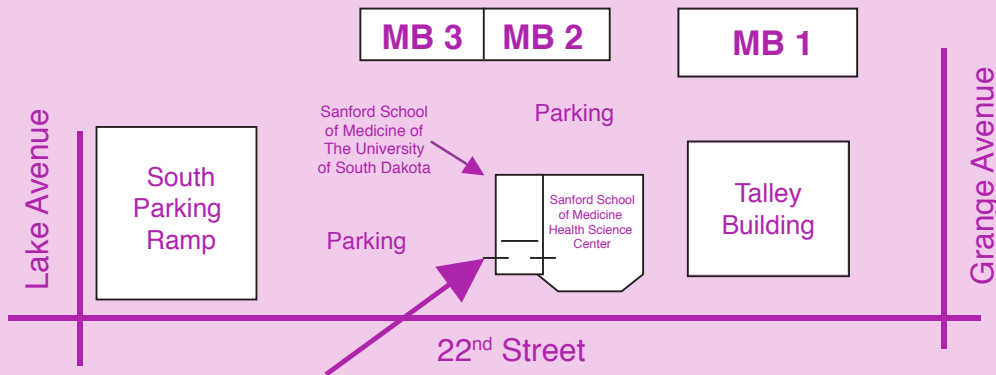
Monday, February 25 7:30 – 10 p.m.	Exploring Adult Learning Styles Influencing factors and theories of adult learning; individual learning styles.	\$10	Online	<i>Interpersonal Communication & Relationships</i>
Monday, March 4 7:30 – 10 p.m.	Best Practice: Program Administration and Leadership An overview of staff supervision and development strategies, basic fiscal management skills, and ‘best practice’ program administration policies and procedures.		Online	<i>Program Management & Regulations</i>

Check out our classes online at www.sanfordhealth.org/CHILDservices.
Register for classes by calling (605) 312-8390 or (800) 235-5923.

2019 Training Schedule
December/January/February

These classes meet the South Dakota child care training requirements for licensing and registration.

Address Service Requested



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
1115 W. 41 St.
Sioux Falls, SD
(605) 312-8390
(800) 235-5923

