



Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | July, August, September 2018

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SANFORD
Children's

Preventing Behavior Problems and Injuries

One of the most important things you can do to keep children safe is to supervise them throughout the day by listening, interacting, watching and looking for ways to prevent problems from occurring. This is referred to as active supervision. According to the American Academy of Pediatrics, "active and positive supervision" involves:

- Knowing each child's abilities.
- Establishing clear and simple safety rules.
- Being aware of and scanning for potential safety hazards.
- Standing in a strategic position.
- Scanning play activities and circulating around the area.
- Focusing on the positive rather than the negative to teach what is safe for the child and other children.
- Teaching children the appropriate and safe use of each piece of equipment (e.g., using a slide feet-first only and teaching why climbing up a slide can cause injury, possibly a head injury).

Here are some tips for providing active supervision:

- **Know where behavior issues or injuries have occurred.** Draw the general layout of your room or playground on a piece of paper. Mark the areas where issues occurred during the day. At the end of the day, review these areas to determine solutions for the problem areas.
- **Sit or kneel at the children's eye level.** What do you see that needs to be changed to prevent behavior or safety issues from arising? Make the needed changes.
- **Minimize your distractions.** Limit talking on the phone, personal conversations or using headphones. Your attention should be on and with the children in your care. Children move very quickly, it is common for children to wander away to another room, slip out an open door, climb to get something instead of asking for help, etc.
- **Supervise rest time.** Have at least one adult in the room with children during rest time to support children who do not sleep, who wake early, or who may have sleep problems.
- **Have access to help.** When outdoors or inside during rest time, have a walkie-talkie or approved cell phone to be able to get help if you are alone with the children.

Active supervision throughout the day is the most effective strategy for creating a safe environment and preventing injuries in young children. Supervision is not about sitting back and waiting for things to happen and then reacting to what has happened. Supervision is an active approach of watching and engaging with children to ensure that children of all ages can explore their environments safely.

For more ideas about ways to incorporate active supervision into your care setting, call (605) 226-5675 to set up a time to talk with a CHILD Services staff member.

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NEW Professional Development Opportunity!

Supporting Social Emotional Development with Sanford Harmony

Research-based curriculum to support healthy relationships! Designed to teach children about cooperation, empathy, and effective communication.

- Cost: Free
- Receive a FREE tool kit
- Practice activity ideas during class
- 2 hours of licensing-approved training available

See page 4 for more details.

Share with Your Families

13th Annual Storybook Land Festival

- Friday, July 20 & Saturday, July 21
- Storybook Land in Wylie Park, Aberdeen
- Admission is free!

Published children's authors, storytellers, entertainment and hands-on arts and crafts activities for children and adults of all ages will be featured.

Come out for the day or the weekend, and enjoy the park, stories, music, art, food, and fun for all!

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Join us at National Night Out!

Stop by the Sanford CHILD Services booth at Aberdeen's National Night Out.

- Tuesday, August 7
- 6 – 9 p.m.
- Melgaard Park

Families with children of all ages are welcome to this crime and drug prevention event promoting community and police partnerships to build a safer community. Many local agencies will be on hand with booths with information on volunteering, social programs, safety, and crime prevention, as well as games, food, prizes, and a family movie shown at dusk.

We hope to see you there!

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Responsive Parenting Classes

Responsive Parenting is a 6 week series for parents who have children ages birth to 3 years old. Topics include child encouragement, parent and child stress, responding to your child's needs, what and how your child learns, and your child's unique temperament.

Classes Begin:

October 1, 2018 • 5:30 – 7:30 p.m.

- Pre-register before Monday, September 24

Location: Sanford Children's CHILD Services

Cost: Free

Professional Development Opportunities

New This Fall! 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)

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

Thursday, July 26, 2018 • 6:30 – 7:30 p.m.

Sanford CHILD Services

Learn about the Child Development Associate (CDA) credential.

Licensing/Pathways: *Professionalism*

Please register by calling (605) 226-5675

**New CDA class sessions begin
September 10, 2018.**

Register by August 15, 2018

To register, submit a completed Registration form and \$95 registration fee to CHILD Services.

CDA Eligibility Class Enrollment Requirements

Personal:

- Be 18 years of age or older
- Hold a high school diploma or equivalent
- Be able to speak, read and write well enough to fulfill the responsibilities of a CDA candidate
- Sign a statement of ethical conduct

Experience:

- Have 480 hours of experience working with children within the last 3 years

Observation Setting:

- Able to be observed working in one of the following child care settings
 - Center-based infant/toddler (birth to age 3)
 - Center-based preschool (3 to 5 year olds)
 - Family day care (birth through age 5)
 - Home Visitor

Pathways to Professional Development Series

(Formerly Supplemental Training Series)

- Four courses conveniently offered online (*Open enrollment allowed for all four courses of the series*)
- Earn eleven college credits: Complete your CDA and take all four courses of the Pathways to Professional Development Series to receive college credit when you enroll in participating South Dakota colleges and universities.

You The Professional

Monday, July 23 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, July 30 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.			<i>Program Management & Regulations</i>

Check out our newsletter online • www.sanfordhealth.org/CHILDServices

Classroom Instruction Classes

For more class information and/or registration call Sanford Children's CHILD Services of Aberdeen (605) 226-5675 or (800) 982-6404. Child care is not provided.



CPR and First Aid – Classes for caregivers for all ages and all settings.

- CPR and First Aid classes are held quarterly at Aberdeen CHILD Services
- Course renewal is every 2 years

CPR Policy:

CPR payment must be received within 48 hours of the CPR class. If payment has not been received 48 hours in advance, you will be notified that your class reservation is no longer valid. This class reservation will be given to the first participant that secures this reservation with a payment.

CPR and First Aid Class Refund Policy:

CPR or First Aid class cancellation is required 24 hours prior to class, otherwise payment will be forfeited and is non-transferable.

CPR and First Aid

Classes for caregivers for all ages and all settings.

CPR and First Aid Certified eCard: In order to receive your CPR and First Aid certified card, you will need to provide an email at time of registration.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Saturday, August 25 8:30 a.m. – Noon	Heartsaver Adult/Child and Infant CPR (O) This course is designed for a person who is expected to know and able to provide CPR in their workplace (i.e. childcare centers). Credential provided.	\$20	Aberdeen	Program Health & Safety
Saturday, August 25 1 – 3:30 p.m.	First Aid-Certified Heartsaver Pediatric First Aid Course (O) The American Heart Association's new 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.	\$5	Aberdeen	Program Health & Safety

General Classes

Classes for caregivers for all ages and all settings.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Tuesday, July 31 7 – 8 p.m.	Child Care Essentials: ABC's of Guidance and Discipline Learn what may be behind some behavior problems of children in your care. Gain tips to guide children to more appropriate behavior.	\$0	Redfield	Guidance & Behavior Management

Sanford CHILD Services September Saturday Spectacular: Supporting Social Emotional Development with Sanford Harmony

A one day event with classes for caregivers of school age children in all settings.

When: Saturday, September 8th • 9 – 11 a.m. **Sign-in begins at 8:30 a.m.**

Location: Sanford Aberdeen Medical Center **Cost:** Free

Register: Call (605) 226-5675 or 1-800-982-6404. Call early; space is limited.

2 hours of licensing-approved training. Providers must register for the conference; individual class registration is not available.

Date/Time	Class Title	Licensing/Pathways
Saturday, September 8 9-11 a.m.	Supporting Social Emotional Development with Sanford Harmony Sanford Harmony is a research-based, social-emotional learning program. Participants will receive a toolkit with materials designed to teach children about cooperation, empathy, and effective communication.	Guidance & Behavior Management

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.



e-Learning Online Opportunities

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



Credit Card payments are now accepted

For more class information and/or registration call Sanford Children's CHILD Services of Aberdeen
(605) 226-5675 or (800) 982-6404.

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 the day before class.
- **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 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.

General Classes

Classes for caregivers for all ages and all settings.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Thursday, July 26 6:30 – 7:30 p.m.	Child Abuse and Neglect (O) Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.	\$5	Online	<i>Child Abuse & Neglect</i>
Thursday, July 26 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>
Thursday, August 2 6:30 – 7:30 p.m.	Adapting Your Learning Environment for All Children Learn how all children, including those with special needs, can thrive in an environment arranged to support learning and development.	\$5	Online	<i>Inclusion of all Children</i>
Tuesday, September 4 7:30 – 8:30 p.m.	Who Needs the Mess? Kids Do! Importance of Family Style Meals Learn about how serving and eating “family-style” meals at child care benefits children.	\$5	Online	<i>Nutrition for Children</i>
Thursday, September 6 6:30 – 7:30 p.m.	Introduction to the Early Learning Guidelines What children learn between birth and age 5 creates the foundation for learning for years to come. Learn how you can use the ELG's to guide you in your curriculum planning.	\$5	Online	<i>Age Appropriate Activities</i>

Social Emotional Classes

Classes for caregivers of all ages of children. Ideas and insight to positive guidance and behavior management techniques.

Tuesday, September 4 6:30 – 7:30 p.m.	<u>Standing Up for Children</u> Children with social emotional needs are often misunderstood. Learn how to advocate for these children so they receive the best possible care.	\$5	Online	<i>Professionalism</i>
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Family Child Care Provider Classes

Classes specific to care provided in a family day care setting.

Tuesday, September 18 6:30 – 7:30 p.m.	<u>I've Got the Whole World in My Home</u> Embrace the diversity of the children in your family childcare by providing culturally sensitive care.	\$5	Online	<i>Cultural Diversity</i>
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Infant/Toddler Classes

Classes with an emphasis on caring for children 6 weeks to 3 years old.

Wednesday, July 11 7:30 – 9:30 p.m.	<u>*Environments for Group Care/More Than Just Routine</u> Participants will learn ways to set up an environment for young children and discover what young children are learning during daily routines.	\$5	Online	<i>Learning Environments</i>
Wednesday, July 25 7:30 – 9:30 p.m.	<u>*Brain Development/Discoveries of Infancy</u> Participants will learn that young children are born ready to learn; how they learn and what they can do to support their learning.	\$5	Online	<i>Child Growth & Development</i>
Thursday, August 2 7:30 – 8:30 p.m.	<u>Child Care Essentials: Shaken Baby Syndrome (O)</u> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	\$5	Online	<i>Child Abuse & Neglect</i>
Wednesday, August 8 7:30 – 9:30 p.m.	<u>*Language Development/Special Needs</u> Participants will learn how young children communicate and benefits of including children with unique needs	\$5	Online	<i>Inclusion of all Children</i>
Wednesday, August 22 7:30 – 9:30 p.m.	<u>*Harmonizing Cultural Diversity/Acknowledge, Ask and Adapt</u> Participants will learn what culture means when caring for young children and how to communicate with families to resolve concerns.	\$5	Online	<i>Cultural Diversity</i>
Wednesday, September 5 7:30 – 9:30 p.m.	<u>*Protective Urges/Responding to Families</u> Participants will learn ways to work with families when both have strong feelings concerning caring for young children.	\$5	Online	<i>Partnerships with Parents</i>

Preschool Classes

Classes with an emphasis on caring for children 3 to 5 years old.

Tuesday, September 11 7:30 – 9 p.m.	<u>Music Play: Planning Activity Areas</u> Provide easy and fun music activities to use with children. Inspired by the Early Learning Guidelines.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, September 18 7:30 – 9 p.m.	<u>Block Play: Planning Activity Areas</u> Discover how block play assists children in developing various skills. Inspired by South Dakota Early Learning Guidelines.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, September 25 7:30 – 9 p.m.	<u>Health and Physical Development: Planning Activity Areas</u> Discover strategies and activities that encourage effective physical play and nutrition. Inspired by the SD Early Learning Guidelines.	\$5	Online	<i>Age Appropriate Activities</i>

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fitCare Classes

Classes for caregivers for all ages and all settings.

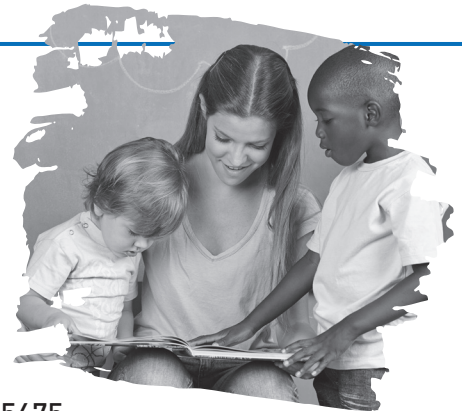
Date/Time	Class Title	Fee	Location	Licensing/Pathways
Thursday, September 13 6:30 – 8:30 p.m.	<u>Be fit...RECHARGE Your Energy</u> Learn about what it means to be <i>fit</i> as well as ways to ensure children get their rest and relaxation so they have the energy to make healthy choices.	\$0	Online	<i>Program Health & Safety Learning Environments</i>
Thursday, September 20 6:30 – 8:30 p.m.	<u>Motivate Your MOOD</u> Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.		Online	<i>Guidance & Behavior Management Age Appropriate Activities</i>
Thursday, September 27 6:30 – 8:30 p.m.	<u>Think Your FOOD</u> Food habits start early in life. Learn how to teach children about making healthy food choices.		Online	<i>Nutrition for Children Learning Environments</i>
Thursday, October 4 6:30 – 8:30 p.m.	<u>MOVE Your Body</u> Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.		Online	<i>Child Growth & Development Age Appropriate Activities</i>
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	<i>Categories determined based on Action Plan</i>	

Want a little help with:

- Planning activities for children
- Managing children’s behaviors
- Setting up children’s play areas

Sanford Children’s CHILD Services staff are available to come to you and answer questions and provide suggestions regarding your daily work with children.

For more information call Sanford Children’s CHILD Services (605) 226-5675.



Director/Manager/Supervisor Classes

Classes with an emphasis on managing the business of child care and staff supervision.

Monday, August 20 7:30 – 9 p.m.	<u>Creating a Positive Work Environment</u> We will examine the characteristics of a respectful workplace and discuss the director's role in establishing and maintaining a workplace where behaviors exhibit respect for one another	\$5	Online	<i>Program Management & Regulations</i>
Monday, September 17 7:30 – 9 p.m.	<u>Recruiting and Hiring Staff</u> How do you find the right job candidates? We will explore guidelines & tips for a successful orientation process and learn about resources to help with recruitment.	\$5	Online	<i>Program Management & Regulations</i>

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.

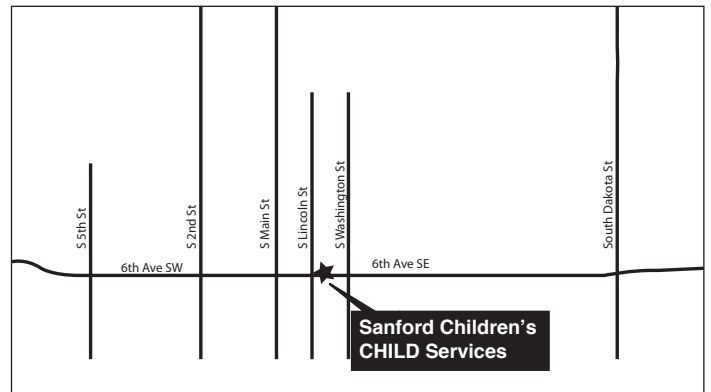
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Classes are held at Sanford Children's
CHILD Services office.

