



Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | January, February, March 2019

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SANFORD Children's

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.

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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>

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/>

Interested in earning your CDA?

Join us for the new CDA Hybrid Series; it 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

Learn about CDA class requirements, fees, and scholarship opportunities at a CDA Informational Meeting

Monday, December 17th

6:30-7:30 p.m.
at CHILD Services
Register by calling (605) 226-5675.

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, February 16 8:30 a.m. – Noon	Heartsaver Adult/Child and Infant CPR 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, February 16 1 – 3:30 p.m.	Certified First Aid Learn to handle child illness and injuries in the first few minutes until professional help arrives.	\$5	Aberdeen	Program Health & Safety

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
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 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>
Monday, March 11 6:30 – 7:30 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	<i>Program Health & Safety</i>
Monday, March 18 6 - 7 p.m.	All The World's A Stage. Of Play! As children learn and grow, so does their style of play. Learn the stages of socialization skills in play and how it supports their learning.	\$5	Online	<i>Child Growth & Development</i>
Monday, March 18 7 – 8 p.m.	Sharing Germy News It's tough to have a positive conversation about the latest bug going around. Learn to confidently find & share accurate health information with families & authorities.	\$5	Online	<i>Identification & Prevention of Communicable Diseases</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.	\$20	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.		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.		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).		Online	<i>Age Appropriate Activities</i>
Social Emotional Classes				
Classes for caregivers for all ages of children. Ideas and insight to positive guidance and behavior management techniques.				
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.	\$20	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.		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.		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.		Online	<i>Guidance & Behavior Management</i>
Social Emotional Preschool Series				
Registration per class is not available. Participants must register for the entire series.				
Tuesday, March 5 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.	\$20	Online	<i>Guidance & Behavior Management</i>
Tuesday, March 12 7:30 – 9 p.m.	Environment, Routines, And Strategies Environmental elements, their impact on children's development & behaviors, and strategies to support children's positive social behaviors.		Online	<i>Learning Environments</i>
Tuesday, March 19 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.		Online	<i>Guidance & Behavior Management</i>
Tuesday, March 26 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.		Online	<i>Guidance & Behavior Management</i>

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Infant/Toddler Best Practice Series				
Registration per class is not available. Participants must register for the entire series.				
Thursday, February 7 7:30 – 9:30 p.m.	<u>Continuity of Care in Small Infant & Toddler Groups</u> Essential practices of primary care, continuity of care, and small group sizes.	\$20	Online	<i>Child Growth & Development</i>
Thursday, February 14 7:30 – 9:30 p.m.	<u>Culturally Diverse Caregiving: Partnering with Parents</u> Partnering with families to honor and incorporate children's cultures in everyday caregiving.		Online	<i>Cultural Diversity</i>
Thursday, February 21 7:30 – 9:30 p.m.	<u>Responsive Care and Inclusion of All Infants & Toddlers</u> Best practices in providing individualized care; providing inclusive care for children with special needs.		Online	<i>Inclusion of All Children</i>
Thursday, February 28 7:30 – 9:30 p.m.	<u>Planning Their Day: Routines, Schedules & Transitions</u> Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.		Online	<i>Age Appropriate Activities</i>
Infant/Toddler Entry Level Series				
Registration per class is not available. Participants must register for the entire series.				
Tuesday, March 5 7:30 – 9 p.m.	<u>Ages Of Infancy</u> Developmental needs of infants and toddlers as they grow and explore.	\$20	Online	<i>Child Growth & Development</i>
Tuesday, February 12 7:30 – 9 p.m.	<u>Social Emotional Development: Understanding Temperament</u> Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.		Online	<i>Guidance & Behavior Management</i>
Tuesday, March 19 7:30 – 9 p.m.	<u>How Young Children Learn: Appropriate Environments For Infants & Toddlers</u> Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.		Online	<i>Age Appropriate Activities</i>
Tuesday, March 26 7:30 – 9 p.m.	<u>Health & Safety For Infants & Toddlers</u> Best basic health and safety practices in infant and toddler care.		Online	<i>Program Health & Safety</i>
Preschool Classes Classes with an emphasis on caring for children 3 to 5 years old				
Thursday, January 24 7 – 8 p.m.	<u>Balancing Parent Expectations</u> Learn ways to work with parents to help them understand appropriate expectations of preschool aged children.	\$5	Online	<i>Partnerships with Parents</i>
Monday, March 11 7:30 – 8:30 p.m.	<u>Setting Goals for Professional Growth</u> Do you think about where you want to go in the early childhood profession? Learn how goal setting can get you on a path to success in the field.	\$5	Online	<i>Professionalism</i>
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.	<u>Approaches To Learning For Preschoolers</u> The use of everyday tasks and an enriching environment to support creativity, imagination, and increasingly complex & challenging play.	\$20	Online	<i>Age Appropriate Activities</i>
Tuesday, January 15 7:30 – 9 p.m.	<u>Social & Emotional Development In Preschoolers</u> Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.		Online	<i>Guidance & Behavior Management</i>
Tuesday, January 22 7:30 – 9 p.m.	<u>Communication, Language & Literacy In Preschoolers</u> Providing an environment for daily exploration, play, & social interactions to support early literacy skills & oral language development.		Online	<i>Interpersonal Communication & Relationships</i>
Tuesday, January 29 7:30 – 9 p.m.	<u>Cognitive, Health & Physical Development In Preschoolers</u> Building relationships and providing an environment & activities to support reasoning, motor development, and health & safety skills.		Online	<i>Child Growth & Development</i>

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Out of School Time Classes				
Registration per class is not available. Participants must register for the entire series.				
Thursday, March 7 7:30 – 9 p.m.	<u>Building Relationships With Communities, Families And Schools</u> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$20	Online	<i>Interpersonal Communication & Relationships</i>
Thursday, March 14 7:30 – 9 p.m.	<u>Observation, Assessment And Inclusion</u> The importance of observations and assessment to support all OST children in an inclusive setting.		Online	<i>Child Growth & Development</i>
Thursday, March 21 7:30 – 9 p.m.	<u>Developmentally Appropriate Planning And Curriculum</u> Learn how planning high quality program activities and experiences will promote children's success.		Online	<i>Age Appropriate Activities</i>
Thursday, March 28 7:30 – 9 p.m.	<u>Guidance And Behavior Management</u> Learn about managing groups, modeling leadership, and effective use of routines and schedules.		Online	<i>Guidance & Behavior Management</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.	<u>Purposeful Planning: Healthy & Safe Learning Environments</u> High quality practices to ensure children's physical and developmental well-being; comprehensive health & safety program planning.	\$20	Online	<i>Program Health & Safety</i>
Tuesday, February 12 7:30 – 9:30 p.m.	<u>Best Practices In Relationship Building</u> Best practices for caring, respectful, & committed relationships with and between children & families; balancing parenting & caregiving roles.		Online	<i>Interpersonal Communication & Relationships</i>
Tuesday, February 19 7:30 – 9:30 p.m.	<u>Developmentally Appropriate Learning Activities In Family Child Care</u> High quality practices for providing activities & materials to support children in developing skills & gaining an understanding of their world.		Online	<i>Child Growth & Development</i>
Tuesday, February 26 7:30 – 9:30 p.m.	<u>Professional & Business Practices In Family Child Care</u> High quality, caring, and ethical best practices for professional and business policies & procedures.		Online	<i>Program Management & Regulations</i>
fitCare Classes: Classes for caregivers for all ages and all settings.				
Wednesday, January 9 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</i>
Wednesday, January 16 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</i>
Wednesday, January 23 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</i>
Wednesday, January 30 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</i>
Thursday, March 7 6:30 – 8:30 p.m.	<u>Be fit...RECHARGE Your Energy</u> See class description above.	\$0	Online	<i>Program Health & Safety</i>
Thursday, March 14 6:30 – 8:30 p.m.	<u>Motivate Your MOOD</u> See class description above.		Online	<i>Guidance & Behavior Management</i>
Thursday, March 21 6:30 – 8:30 p.m.	<u>Think Your FOOD</u> See class description above.		Online	<i>Nutrition for Children</i>
Thursday, March 28 6:30 – 8:30 p.m.	<u>MOVE Your Body</u> See class description above.		Online	<i>Child Growth & Development</i>
Tuesday, February 12 6:30 – 8:30 p.m.	<u>Think Your FOOD</u> See class description above.	\$0	Online	<i>Nutrition for Children</i>
Thursday, February 28 6:30 – 8:30 p.m.	<u>MOVE Your Body</u> See class description above.	\$0	Online	<i>Child Growth & Development</i>
fitCare Technical Assistance	<u>Taking 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>	

Pathways to Professional Development Series *(Formerly Supplemental Training Series)*

- Four courses conveniently offered online. *(Open enrollment allowed for all three 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.

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.			<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.			<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; overview of the theories and research of Freud & Kohlberg.			<i>Child Growth & Development</i>
Monday, February 11 7:30 – 10 p.m.	Theories of Child Development: Piaget & Vygotsky Developmental theories Piaget, Vygotsky; professional and personal implications of Gardner's theories of multiple intelligences			<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			<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.			<i>Program Management & Regulations</i>

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.

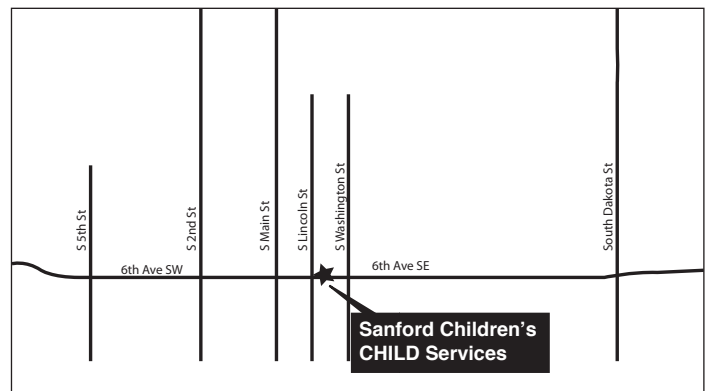
SANFORD Children's

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

