



Sanford Children's

CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | October/November/December 2019

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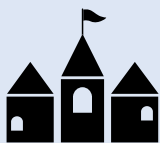
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This publication was funded in part by the
Department of Social Services, Division of
Child Care Services.



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Children's

Challenging Behaviors and Self-Care

What does 'challenging' behavior mean?

All behavior is communication. Young children may not have the necessary skills or language to process strong feelings such as frustration, anger, excitement, or overstimulation. Behaviors become their form of communication. Next time you observe a child displaying challenging behaviors, think about how he or she is feeling in the moment and what they might be trying to tell you. Assist all children in feeling safe and validated.

To understand challenging behavior it is important to adjust our mindsets about how we perceive the child and the behaviors they are displaying. There is no such thing as a 'good' or 'bad' child. We become focused on trying to stop the behavior when we should work to understand the child, their behaviors, and adapting to their comfort level.

Child care can be stressful

Working with children and managing challenging behaviors can be stressful. According to a study, "out of 30,000 educators, more than 78% are often physically and emotionally exhausted" (American Federation of Teachers, 2015). It can be beneficial to make a list of the behaviors or situations causing stress in your job or life. For example, aggressive behaviors, long work hours, no support from my director, or not getting enough sleep. This will allow you to become more self-aware and proactive in responding to your stress and the children in your care. Here are some signs you may be stressed or burnt out:

- Irritability
- Negativity
- Loss of patience
- Isolation
- Lack of motivation
- Easily frustrated
- Fatigue
- Physical pain (headaches)
- Feelings of helplessness
- Anxiety about work

How can I take care of myself?

As a child care provider or director it is critical to take care of yourselves in order to be responsive and empathetic towards children. Make positive changes for yourself and don't wait around for someone to do it for you. Find what works for you! Here are some ideas to get you started:

- Get enough sleep
- Regular exercise
- Practice mindfulness and deep breathing
- Read a book
- Do something creative
- Let go of perfectionism
- Laugh
- Eat well, drink plenty of water
- Go for a walk
- Have a trusted support system
- Write in a journal
- Listen to music
- Find time for yourself
- Take a day off

It is important to practice self-care rituals daily to support your wellness and self-care. It is okay to ask for help or take a break when needed.

American Federation of Teachers. (2015). Survey shows need for national focus on workplace stress. Retrieved from <https://www.aft.org/news/survey-shows-need-national-focus-workplace-stress>

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Sanford CHILD Services Family Childcare Saturday Spectacular

A one day event with classes for family childcare providers.

When: Saturday, November 2nd • 9 a.m. - Noon; 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.

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

Date/Time	Class Title	Licensing/Pathways
9 – 11 a.m.	Bridging the Gap Join special guests Michele Hengel, MS OTR/L, and Kellie Alberts, PT, DPT, Sanford Aberdeen Medical Center occupational and physical therapists, as they share information on how childcare providers can support kids and families needing therapy services.	<i>Inclusion of All Children</i>
11 a.m. – 12 p.m.	Guidance for All Ages 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.	<i>Guidance & Behavior Management</i>

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 (O)=Qualify for required orientation training topics	Fee	Location	Licensing/Pathways
Saturday, October 19 8:30 a.m. – Noon	Heartsaver Adult/Child and Infant CPR (O) 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.	\$20	Aberdeen	<i>Program Health & Safety</i>
Saturday, October 19 1 – 3:30 p.m.	Certified First Aid (O) 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.	\$5	Aberdeen	<i>Program Health & Safety</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**.

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

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.

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
Thursday, November 21 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	<i>Child Growth & Development</i> <i>Age Appropriate Activities</i>
fitCare Technical Assistance	Taking a fitCare class is required to participate 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>

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 3 7:30 – 8:30 p.m.	Medication Administration (O) Learn why, when and how to safely give medication in child care.	\$5	Online	<i>Program Health & Safety</i>
Thursday, December 12 6:30 – 7:30 p.m.	Germs—They're Everywhere! Germs are lurking everywhere, just waiting to make you and your kids sick. Fight back with good general hygiene habits.	\$5	Online	<i>Identification & Prevention of Communicable Diseases</i>
Thursday, December 12 7:30 – 8:30 p.m.	Basic First Aid for Child Care Providers (O) Gain knowledge related to common childhood accidents and injuries and will receive instruction that will enable caregivers to perform first aid.	\$0	Online	<i>Program Health & Safety</i>

Ins and Outs of Lesson Planning Series:

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

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Monday, October 7 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>
Monday, October 14 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>
Monday, October 21 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>
Monday, October 28 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 Planning</i>

Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Preschool Social and Emotional Foundations for Learning: Registration per class is not available. Participants must register for the entire series.				
Tuesday, October 8 7:30 – 9 p.m.	Importance Of Relationships Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	\$20	Online	Guidance & Behavior Management
Tuesday, October 15 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	Learning Environments
Tuesday, October 22 7:30 – 9 p.m.	Social Emotional Teaching Strategies Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.		Online	Guidance & Behavior Management
Tuesday, October 29 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	Guidance & Behavior Management

Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children 6 weeks to three years old. (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
Infant/Toddler Entry Level Series: Registration per class is not available. Participants must register for the entire series.				
Tuesday, November 5 7:30 – 9 p.m.	Ages Of Infancy Developmental needs of infants and toddlers as they grow and explore.	\$20	Online	Child Growth & Development
Tuesday, November 12 7:30 – 9 p.m.	Social Emotional Development: Understanding Temperament Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.		Online	Guidance & Behavior Management
Tuesday, November 19 7:30 – 9 p.m.	How Young Children Learn: Appropriate Environments For Infants & Toddlers Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.		Online	Age Appropriate Planning
Tuesday, November 26 7:30 – 9 p.m.	Health & Safety For Infants & Toddlers Best basic health and safety practices in infant and toddler care.		Online	Program Health & Safety
Early Learning Guidelines for Infact Toddler Caregivers Series: Registration per class is not available. Participants must register for the entire series.				
Thursday, October 3 7:30 – 9 p.m.	Approaches To Learning For Infants & Toddlers The use of play, everyday tasks, and an enriching environment to support infant and toddler's creativity, imagination, and problem-solving.	\$20	Online	Age Appropriate Planning
Thursday, October 10 7:30 – 9 p.m.	Social & Emotional Development In Infants & Toddlers Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.		Online	Guidance & Behavior Management
Thursday, October 17 7:30 – 9 p.m.	Communication, Language & Literacy In Infants & Toddlers Supporting infant's and toddler's daily exploration, play, & social interactions for learning communication & early literacy skills.		Online	Interpersonal Communication & Relationships
Thursday, October 24 7:30 – 9 p.m.	Cognitive, Health & Physical Development In Infants & Toddlers Building relationships and providing an environment & activities to encourage reasoning, motor development, and health & safety skills.		Online	Child Growth & Development

Preschool Learning Opportunities

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

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

Preschool Entry Level Series:

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

Monday, November 4 7:30 – 9 p.m.	Child Growth & Development Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$20	Online	Child Growth & Development
Monday, November 11 7:30 – 9 p.m.	Behavior Management & Guidance Using positive guidance techniques and establishing a program climate that promotes positive behavior.		Online	Guidance & Behavior Management
Monday, November 18 7:30 – 9 p.m.	Program Health & Safety Understand the importance of promoting and teaching practices that keep children safe and healthy.		Online	Program Health & Safety
Monday, November 25 7:30 – 9 p.m.	Social Interactions And Learning Environments Supporting children's individual needs through learning environments and relationships.		Online	Learning Environments

Preschool Best Practice Series:

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

Monday, December 2 7:30 – 9 p.m.	Best Practices In Preschool Cultural Diversity Cultural continuity and building partnerships with parents; incorporating cultural practices in caregiving.	\$20	Online	Cultural Diversity
Thursday, December 5 7:30 – 9 p.m.	Developmentally Appropriate Preschool Curriculum Planning a developmentally appropriate curriculum that builds on children's needs and interests.		Online	Age Appropriate Planning
Monday, December 9 7:30 – 9 p.m.	The Role Of Observation, Documentation, & Assessment Best practices in implementing observation, documentation and assessment tools & techniques for preschool children.		Online	Observing Children
Thursday, December 12 7:30 – 9 p.m.	Appropriate Guidance & Promoting Behavior Understanding preschooler's behavior; ways to provide positive guidance & build conflict resolution skills.		Online	Guidance & Behavior Management

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
Out of School Time Best Practice Series: Registration per class is not available. Participants must register for the entire series.				
Tuesday, November 26 7:30 – 9 p.m.	Child Growth And Development Fostering the growth and development of children through appropriate environment, activities, interactions, and inclusion.	\$20	Online	Child Growth & Development
Tuesday, December 3 7:30 – 9 p.m.	Program Health And Safety The importance of implementing teaching practices that promote child health and safety.		Online	Program Health & Safety
Tuesday, December 10 7:30 – 9 p.m.	Fostering Learning Environments Supporting children's individual needs through learning environments and relationships.		Online	Learning Environments
Tuesday, December 17 7:30 – 9 p.m.	Behavior Management And Guidance Using positive guidance techniques and establishing a program climate that promotes positive behavior.		Online	Guidance & Behavior Management

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

Family Child Care Provider Focus Learning Opportunities

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

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 3 6:30 – 7:30 p.m.	How Do I Make This Work? Explore ideas of how to set up a child care environment in your home or make your current setting even better!	\$5	Online	Learning Environments
Family Day Care Best Practice Series: Registration per class is not available. Participants must register for the entire series.				
Tuesday, November 5 7:30 – 9 p.m.	Keeping It Safe & Healthy Best basic health and safety practices for your children, environment, and family childcare program.	\$20	Online	Program Health & Safety
Tuesday, November 12 7:30 – 9 p.m.	What Children Need To Learn & Grow Your role in supporting children's social, emotional, physical and cognitive growth and development at all stages.		Online	Child Growth & Development
Tuesday, November 19 7:30 – 9 p.m.	It All Begins With Relationships Appropriate, respectful & responsive care based on individual children's needs; positive communication & relationships with children & families.		Online	Interpersonal Communication & Relationships
Tuesday, November 26 7:30 – 9 p.m.	The Business Of Family Child Care Basic business practices, program management, and policies & practices to meet licensing regulations.		Online	Program Management & Regulations

Management Learning Opportunities

Classes with an emphasis on managing child care programs.

Management Series:

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

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Thursday, October 3 7:30 – 9 p.m.	Management Fundamentals Learn about the importance of effective program management and explore how it affects the child care setting.	\$20	Online	Program Management & Regulations
Thursday, October 10 7:30 – 9 p.m.	Fiscal Fundamentals Learn about tools to help child care programs plan, monitor & track income and expenses. Explore budgets, balance sheets, profit & loss, and more.		Online	Program Management & Regulations
Thursday, October 17 7:30 – 9 p.m.	Human Resources Fundamentals Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.		Online	Program Management & Regulations
Thursday, October 24 7:30 – 9 p.m.	Power Of Partnerships Increase skills for building a strong community and team of committed staff.		Online	Interpersonal Communication & Relationships

ECE Class Policy

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

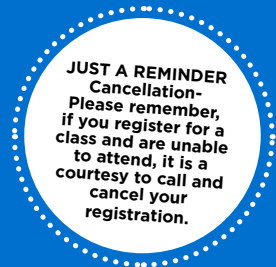
e-Learning Online Classes

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.



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

CDA

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

Classes start January 2020!
Call (605) 226-5675 for more information.

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 step?

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

Call us for more information!
(605) 226-5675

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 the 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 newsletter online • www.sanfordhealth.org/CHILDServices

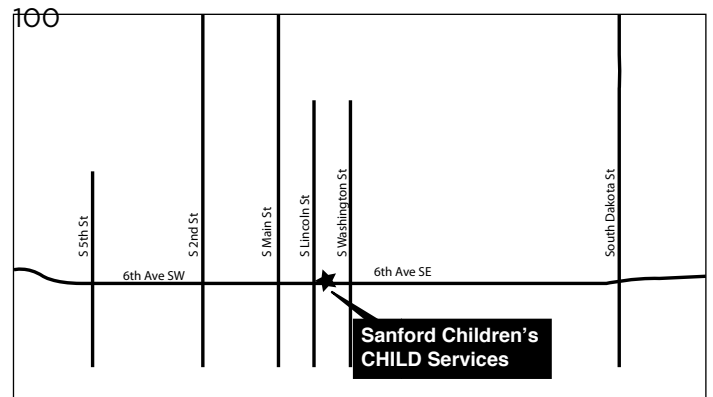
SANFORD Children's

Sanford
CHILD Services
110 6th Ave SE, Suite 100
Aberdeen, SD 57401

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Office Location: 110 6th Ave SE Suite



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

