



Sanford Children's

CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | January/February/March 2020

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Children's

Importance of Routines

What are routines?

Children need time each day to play, read, eat, interact and engage with the world around them. Designing your schedule and space to support effective routines helps promote children's development and learning.

Routines help children feel a sense of control and predictability in their day. When children feel this sense of control; transitions in the day go better, they have fewer emotional outbursts, and they listen better when they know what to expect. Routines create secure environments that nurture relationships between children and their caregivers.

Why are routines important?

- Because they are repetitive, routines help children learn classroom activities
- Children are able to predict what will happen next and this helps them feel secure and prepared
- Classrooms with consistent schedules and routines facilitate children's understanding of the learning environment expectations
- Children who are familiar with classroom schedules and routines are more likely to be engaged, attentive, and learn new knowledge

Developing routines

A routine is a set of steps you follow the same way each time. This means that the day's activities are predictable.

Three steps to creating routines

1. Establish Predictable Routines
 - Plan based on children's ages
 - Establish consistent times for eating and napping once children reach the toddler age
 - Balance active times with quiet times
 - Balance group time with time to be alone
2. Explain the routines
 - Use simple charts or visuals to help explain the routines
 - Give reminders as necessary
3. Follow the routines
 - Keep routines consistent
 - Set limits and be clear about what will be expected

Think about how you want the routine to go ahead of time. The simpler it is, the more likely you will be able to follow it. If it is too complicated, you are just setting yourself up for failure. Set systematic instructions; "first", "then", "next". The time you invest in creating routines now can save you time later correcting behaviors. Furthermore, it is also likely to save your child's time by increasing their skills and independence.

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Class Coding: (O)=qualify for required orientation training topics; (Q)=training series identified in proposed South Dakota QRIS Framework

ECE Class Policy

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

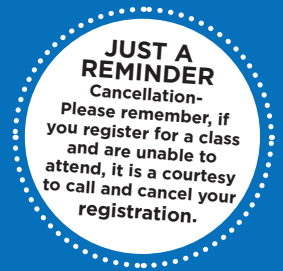
e-Learning Online Classes

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.



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 15 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	Program Health & Safety
Saturday, February 15 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	Program Health & Safety

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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 Learning Opportunities

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

Ins and Outs of Lesson Planning

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Tuesday, February 4 7:30 – 9 p.m.	Lesson Plan Basics Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$5	Online	Program Management & Regulations
Tuesday, February 11 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	Child Growth & Development
Tuesday, February 18 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	Observing Children
Tuesday, February 25 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	Age Appropriate Planning

Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Monday, February 3 12:30 – 1:30 p.m.	Emotion Motion Learn how to teach children to be more aware of their bodies' response to stress and ways to help them calm themselves down.	\$5	Online	Guidance & Behavior Management
Monday, February 3 1:30 – 2:30 p.m.	Emotion Motion Learn how to teach children to be more aware of their bodies' response to stress and ways to help them calm themselves down.	\$5	Online	Guidance & Behavior Management

Infant Toddler Social and Emotional Foundations for Learning

Thursday, January 9 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 16 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 23 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 30 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>

Preschool Social and Emotional Foundations for Learning

Thursday, March 5 7:30 – 9 p.m.	Importance Of Relationships Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, 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.	\$5	Online	<i>Learning Environments</i>
Thursday, March 19 7:30 – 9 p.m.	Social Emotional Teaching Strategies Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, 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.	\$5	Online	<i>Guidance & Behavior Management</i>

Infant/Toddler Learning Opportunities

Emphasis on caring for children six weeks to three years old.

Infant/Toddler Entry Level Series

Tuesday, March 3 7:30 – 9 p.m.	Ages Of Infancy Developmental needs of infants and toddlers as they grow and explore.	\$5	Online	<i>Child Growth & Development</i>
Tuesday, March 10 7:30 – 9 p.m.	Social Emotional Development: Understanding Temperament Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.	\$5	Online	<i>Guidance & Behavior Management</i>
Tuesday, March 17 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.	\$5	Online	<i>Age Appropriate Planning</i>
Tuesday, March 24 7:30 – 9 p.m.	Health & Safety For Infants & Toddlers Best basic health and safety practices in infant and toddler care.	\$5	Online	<i>Program Health & Safety</i>

Infant/Toddler Best Practice Series

Thursday, February 6 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 13 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 20 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 27 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 Planning</i>

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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.*

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Thursday, January 16 6:30 – 7:30 p.m.	Bullying in Early Childhood Learn why the seeds to prevent bullying should be planted in the first five years of life. Discuss strategies to promote positive social behaviors.	\$5	Online	Guidance & Behavior Management
Early Learning Guidelines for Preschool Caregivers				
Thursday, January 9 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 Planning
Thursday, January 16 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
Thursday, January 23 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
Thursday, January 30 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.

Out of School Time Best Practice Series

Thursday, March 5 7:30 – 9:30 p.m.	Building Relationships With Communities, Families And Schools Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Interpersonal Communication & Relationships
Thursday, March 12 7:30 – 9:30 p.m.	Observation, Assessment And Inclusion The importance of observations and assessment to support all OST children in an inclusive setting.	\$5	Online	Child Growth & Development
Thursday, March 19 7:30 – 9:30 p.m.	Developmentally Appropriate Planning And Curriculum Learn how planning high quality program activities and experiences will promote children's success.	\$5	Online	Age Appropriate Planning
Thursday, March 26 7:30 – 9:30 p.m.	Guidance And Behavior Management Learn about managing groups, modeling leadership, and effective use of routines and schedules.	\$5	Online	Guidance & Behavior Management

fitCare Learning Opportunities

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

All fitCare classes provide caregivers with activities to help teach children about making healthy choices.

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

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
*** Don't miss the January 4th fitCare Saturday Spectacular; call for more information! ***				
Wednesday, January 8 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	Program Health & Safety Learning Environments
Wednesday, January 15 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.			Guidance & Behavior Management Age Appropriate Activities
Wednesday, January 22 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.			Nutrition for Children Learning Environments
Wednesday, January 29 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.			Child Growth & Development Age Appropriate Activities
Tuesday, January 14 6:30 – 8:30 p.m.	<u>Think Your FOOD</u> See above for class descriptions.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, March 10 6:30 – 8:30 p.m.	<u>Think Your FOOD</u> See above for class descriptions.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, February 11 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.	\$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

Family Child Care Provider Focus Learning Opportunities

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

Family Child Care Best Practice Series

Tuesday, February 4 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.	\$5	Online	Program Health & Safety
Tuesday, February 11 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.	\$5	Online	Interpersonal Communication & Relationships
Tuesday, February 18 6:30 – 7:30 p.m.	<u>Working with Parents, Not Against Them</u> Learn tips of how to work with parents in the best interest of the child.	\$5	Online	Partnerships with Parents
Tuesday, February 18 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.	\$5	Online	Child Growth & Development
Tuesday, February 25 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.	\$5	Online	Program Management & Regulations

Management Learning Opportunities

Classes with an emphasis on managing child care programs.

Management Series

Monday, February 24 7:30 – 9 p.m.	Management Fundamentals Learn about the importance of effective program management and explore how it affects the child care setting.	\$5	Online	<i>Program Management & Regulations</i>
Monday, March 2 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.	\$5	Online	<i>Program Management & Regulations</i>
Monday, March 9 7:30 – 9 p.m.	Human Resources Fundamentals Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.	\$5	Online	<i>Program Management & Regulations</i>
Monday, March 16 7:30 – 9 p.m.	Power Of Partnerships Increase skills for building a strong community and team of committed staff.	\$5	Online	<i>Interpersonal Communication & Relationships</i>

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).

You the Professional (SDCDA 320)

Monday, January 6 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, January 13 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>

Meeting Children's Basic Needs (SDCDA 300)

Monday, January 20 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 27 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, February 3 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, February 10 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 17 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 24 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, March 2 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>

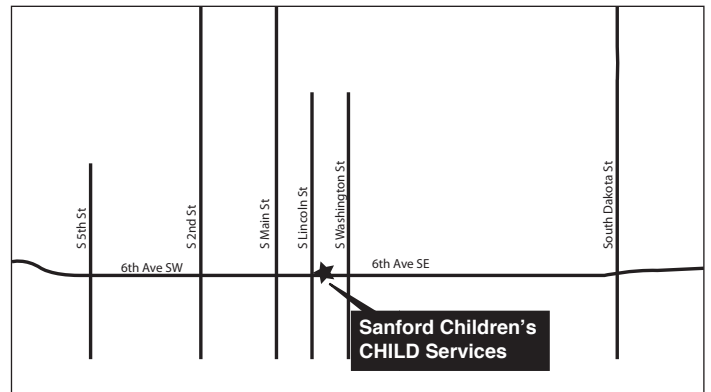
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Classes are held at Sanford Children's
CHILD Services office.

