Flowers, Cucumbers, Tomatoes and So Much More!

Starting a garden with young children could easily sound like a challenge to most providers, but it could be one of the most enriching experiences in a child’s early learning. There are various steps to growing a successful garden, and children have the opportunity to learn during each phase.

Step 1: Plan
This is a great opportunity to find out the children’s interests and discuss nutrition. Allow the children to help select the plants and go over healthy versus non healthy food choices.

Step 2: Plant
It’s time to include science! Teach the children about the life cycle of a seed. Include them in planting the seeds, watering on a daily basis, and watch for their excitement when they see the first sprout!

Step 3: Grow
Have the children document their discoveries! Start a journal for each child, and have them draw pictures of the process to include literacy. Assign each child a specific task to give them a sense of responsibility and achievement. This entire process also includes lots of physical activity.

Step 4: Harvest
This step is definitely the most satisfying for children! The kids are able to witness the results of their success. Picking the tomatoes, cucumbers, and items that THEY selected to plant is exhilarating.

Step 5: Preparing
Children can be responsible for prepping their harvest. Discuss with children what you can create with their produce and plan some new healthy menu ideas. Children are more apt to try new things when they are involved in the creation process.

Gardening is a long term goal that will teach children planning, maintaining, and success. The children will be so anxious to see the results – learning patience along the way will be worth the wait!
**New Phone Number**
CHILD Services
(605) 312-8390

**Everyday Heroes**
Making a Difference
April 20–22, 2017
Sioux Falls, SD
Convention Center

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### Spring Gardening into Your Lesson Plan

#### Books To Read With Children

**Planting a Rainbow**
by Lois Ehlert

**Muncha! Muncha! Muncha!**
by Candace Fleming

**If You Plant A Seed**
by Kadir Nelson

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#### Make Your Own Plant Markers

**Need:**
- Cardboard
- Markers
- Scissors
- Laminator or clear contact paper
- Craft Glue
- Popsicle sticks

**Activity**

1. Cut your cardboard out into small shapes from the garden. This could be leaves, flowers or even a caterpillar.
2. Write the name of the seeds you are planting, be it herbs, fruit and veggies or just flowers.
3. Decorate the shapes with your own design.
4. Laminate the shapes or, alternatively, contact both sides of the shape making sure to cover it completely.
5. Glue the shape to the popsicle stick.
6. Place the stick into the soil close to your seed, but not too close!

Now you will not forget what you have planted and can easily identify the plant when it sprouts.

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### CPR Opportunities!

#### CPR Class Policy

CPR classes sponsored by the City of Sioux Falls Health Department through Sanford CHILD Services are provided free of charge to Sioux Falls City registered family day care providers and their helpers. Registration for CPR classes is limited to 10 people per class. To help ensure CPR education is available throughout the year to Sioux Falls City registered family day care providers, the following policy exists:

1. Class registration is limited to Sioux Falls city family day care providers, the following policy exists:
2. Class registration is limited to 10 people per class. To help ensure CPR education is available throughout the year to Sioux Falls City registered family day care providers and their helpers. Registration for CPR classes is free of charge to Sioux Falls City registered family day care providers and their helpers. Receive one free CPR class per year.

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### CPR Cancellation Policy

1. Cancellation of CPR class registration needs to be made 24 hours prior to the start of the CPR class. By doing so, allows others to enroll in the CPR class.
2. If notice of cancellation is not received 24 hours prior to the CPR class, the registrant will have used up his/her free CPR class for the year. A payment of $20 will be needed to enroll in another City of Sioux Falls Health Department sponsored CPR class.

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### Learning Opportunities

Classes held in Wegner Health Science Center. Verify classroom when registering.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Class Title</th>
<th>Location</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, April 1</td>
<td>Emergency Preparedness</td>
<td>Sioux Falls</td>
<td>Safety and Health</td>
</tr>
<tr>
<td>9 – 10 a.m.</td>
<td>Be prepared for emergencies in your child care program. Learn how to develop a plan for emergency situations.</td>
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</tr>
<tr>
<td>Saturday, April 10</td>
<td>Detecting and Reporting Child Abuse and Neglect</td>
<td>Sioux Falls</td>
<td>Child Abuse and Neglect</td>
</tr>
<tr>
<td>10 – 11 a.m.</td>
<td>Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.</td>
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<tr>
<td>Thursday, April 6</td>
<td>Certified First Aid</td>
<td>Sioux Falls</td>
<td>First Aid</td>
</tr>
<tr>
<td>6:30 – 8:30 p.m.</td>
<td>Learn to handle child illness and injuries 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. Course renewal is every 2 years.</td>
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</tr>
<tr>
<td>Thursday, May 4</td>
<td>Communication and Relationship Building with Families</td>
<td>Sioux Falls</td>
<td>Family Life and Communications</td>
</tr>
<tr>
<td>7 – 8 p.m.</td>
<td>Discuss how to build relationships with families. Also, ways to communicate with parents and how to handle those difficult conversations.</td>
<td></td>
<td></td>
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<tr>
<td>Monday, May 15</td>
<td>How Does Your Garden Grow?</td>
<td>Sioux Falls</td>
<td>Developmental Play</td>
</tr>
<tr>
<td>6:30 – 7:30 p.m.</td>
<td>Planting a garden can be both educational and fun! Learn how to plant seeds of learning that will last a lifetime.</td>
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<td></td>
</tr>
<tr>
<td>Tuesday, May 23</td>
<td>Winning the War on Head Lice</td>
<td>Sioux Falls</td>
<td>Sanitation and Health</td>
</tr>
<tr>
<td>7 – 8 p.m.</td>
<td>Learn how to identify, treat, &amp; prevent head lice.</td>
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<tr>
<td>Tuesday, June 13</td>
<td>Self-Care Beyond Chocolate</td>
<td>Sioux Falls</td>
<td>Stress Management</td>
</tr>
<tr>
<td>6:30 – 7:30 p.m.</td>
<td>Life got you on the run? Is chocolate one of your main food groups? Learn how to create life balance amongst the chaos.</td>
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<tr>
<td>Thursday, June 22</td>
<td>Period of PURPLE Crying</td>
<td>Sioux Falls</td>
<td>Shaken Baby Syndrome Prevention</td>
</tr>
<tr>
<td>7 – 8 p.m.</td>
<td>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.</td>
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<tr>
<td>Monday, June 26</td>
<td>Child Care Essentials: Reducing the Risk of SIDS</td>
<td>Sioux Falls</td>
<td>Sudden Infant Death Prevention</td>
</tr>
<tr>
<td>6:30 – 7:30 p.m.</td>
<td>Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).</td>
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</tbody>
</table>

Class size may be limited, so registration is required. For more information on the classes, class location or to register; call CHILD Services at (605) 312-8390.
Go in the main entrance of the Sanford School of Medicine Health Science Center (1400 W. 22nd). Instead of going straight ahead into the Wegner Library, turn left and go through the double doors. Signs will be posted to guide you.

Office Location:
CHILD Services Office
1115 W. 41st St.
Sioux Falls, SD
(605) 312-8390
(800) 235-5923