

# Sioux Falls Family Child Care News

April 2017 Volume 13 Issue 2



See page 2  
for more  
gardening  
ideas!

## 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!

**SANFORD**  
Children's

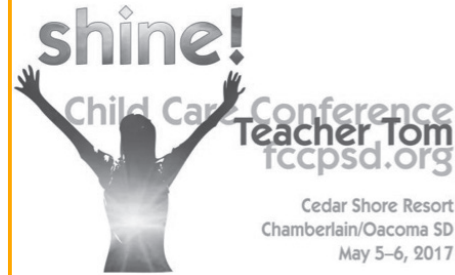
## New Phone Number

**CHILD Services**  
**(605) 312-8390**



## Everyday Heroes Making a Difference

April 20–22, 2017  
Sioux Falls, SD  
Convention Center



## Spring Gardening into Your Lesson Plan

### Books To Read With Children

### 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.

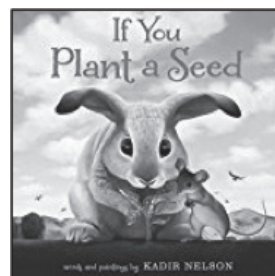
### Planting a Rainbow by Lois Ehlert



### Muncha! Muncha! Muncha! by Candace Fleming



### If You Plant A Seed by Kadir Nelson



### 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 registered family day care providers and their helpers.
2. Sioux Falls City registered family day care providers, and their helpers, receive one free CPR class per year.

### 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.

## Mark Your Calendars! CPR Opportunities

CPR classes held at CHILD Services. Verify CPR class location when registering.

### Class Dates:

- Tuesday, April 11, 2017 • 6:30 – 10 p.m.
- Saturday, April 29, 2017 • 8:30 a.m. – Noon
- Tuesday, May 9, 2017 • 6:30 – 10 p.m.
- Saturday, June 10, 2017 • 8:30 a.m. – Noon

## Learning Opportunities

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

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

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.

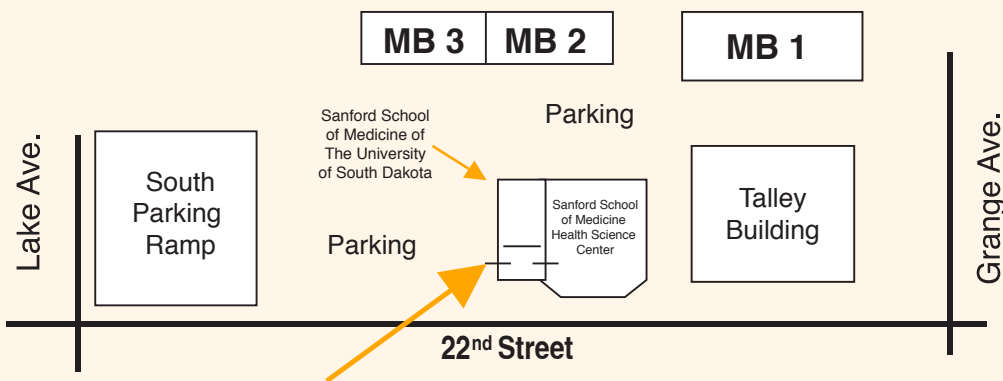
### Reminder!

Get your required training hours in before the end of the year is here.  
Class numbers have a tendency to be low in the spring and summer months—so get your hours in now!

- Sanford
- Sanford Medical Center
- CHILD Services
- 1115 West 41st St.
- Sioux Falls, SD 57105

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## CHILD Services Office and Class Locations



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. 41 St.  
Sioux Falls, SD  
(605) 312-8390  
(800) 235-5923

