Walking in a Winter Wonderland!

The first snow of the winter can be a magical time; children are excited to experience the snow, some for the first time. It’s so fresh, pretty and clean. But as winter goes on, the snow doesn’t seem as much fun for us adults. It’s a lot of work getting children ready to go outside and sometimes that takes more time than they are actually outside. But let’s try to take our cue from children; they see snow as an adventure, something special. What if we tried to do the same thing? What fun things can we do to enjoy the snow instead of wish it away?

As always, there is learning in every experience. Even getting dressed to go outside involves fine motor skills like zipping a coat up and math skills like matching mittens. Here are some activities that involve science, creativity, large motor skills, language skills and so much more!

• Ahead of time, put a cookie sheet with a dark colored piece of felt in the freezer. When it starts to snow, take it outside to catch snowflakes. Bring the cookie sheet back inside and look at the snowflakes with magnifying glasses, the cold felt delays the melting of the snowflakes. Talk about the differences in the snowflakes
• Make animal sculptures out of snow, use nature items to embellish
• When it’s under 32 degrees, blow bubbles outside and watch them crack as they pop
• If it’s just too cold to go outside, bring the snow in and do some sensory play, children love to find hidden treasures like small animals in the snow. When it starts to melt, it’s a great time to talk about science concepts

There are some fun books listed on the next page, read them with your children and see what fun snow activities you can create. Enjoying the winter weather makes the season go much faster and who knows, maybe you’ll even be sad to see it end!
Winter Fun

Bagel Snowman

1. Slice mini bagels in half
2. Spread cream cheese on the open sides
3. Decorate with raisins, carrots, olives, etc. to look like a snowman

Activity Idea

Snowballs by Lois Ehlert

After reading the book, Snowballs, have children create their own snowman out of fabric scraps, bits of food, paper, etc.

Winter books to read with children

Thomas’ Snowsuit by R. Munsch and M. Martchenko

The Mitten by Jan Brett

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.

Sioux Falls WOW

Saturday, January 21, 2017
8:30 a.m. – 4 p.m.
Washington Pavilion, Sioux Falls, SD

More Information: siouxfallswow.weebly.com

2016 Annual Survey

• Look for the 2016 Annual Survey in your mailboxes mid-January.
• Please complete the survey! Your feedback and input assists CHILD Services for program planning.
• Return the survey, in the envelope provided, for a chance to win a $25 Visa gift card.

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Mark Your Calendars!

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

**Class Dates:**
- Thursday, January 26, 2017 • 6:30 – 10 p.m.
- Saturday, February 11, 2017 • 8:30 a.m. – Noon
- Monday, March 6, 2017 • 6:30 – 10 p.m.
- Thursday, March 30, 2017 • 6:30 – 10 p.m.

**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>
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| Thursday, January 5   | **Detecting and Reporting Child Abuse and Neglect**  
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               |
| 6:30 – 7:30 p.m.      |                                                                                                                                             |              |                                       |
| Saturday, January 21  | **Certified First Aid**  
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                             |
| 9 – 11:30 a.m.        |                                                                                                                                             |              |                                       |
| Tuesday, January 31   | **How Do We Help This Child?**  
By applying strength-based tools, we can recognize, respond, teach strategies, and develop a plan of action to help manage their intensity and apply problem-solving skills. | Sioux Falls  | Guidance and Discipline                |
| 6:30 – 7:30 p.m.      |                                                                                                                                             |              |                                       |
| Thursday, February 16 | **What Do I See?**  
Learn about what falls in the “typical” range of development so you can better serve the families in your care. | Sioux Falls  | Child Development                      |
| 7 – 8 p.m.            |                                                                                                                                             |              |                                       |
| Monday, February 20   | **Food Handling Techniques**  
In order to keep the children we serve healthy, there are certain precautions that need to be taken during food preparation and storage, and in feeding infants. This class will cover how you can keep everyone safe from food related illness. | Sioux Falls  | Food Handling Techniques               |
| 6:30 – 7:30 p.m.      |                                                                                                                                             |              |                                       |
| Thursday, March 16    | **Child Care Essentials: Reducing the Risk of SIDS**  
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         |
| 7 – 8 p.m.            |                                                                                                                                             |              |                                       |
| Tuesday, March 21     | **Child Care Essentials: Shaken Baby Syndrome**  
Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening. | Sioux Falls  | Shaken Baby Syndrome Prevention       |
| 7 – 8 p.m.            |                                                                                                                                             |              |                                       |

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

Check out the newsletter online: www.sanfordhealth.org/CHILDservices