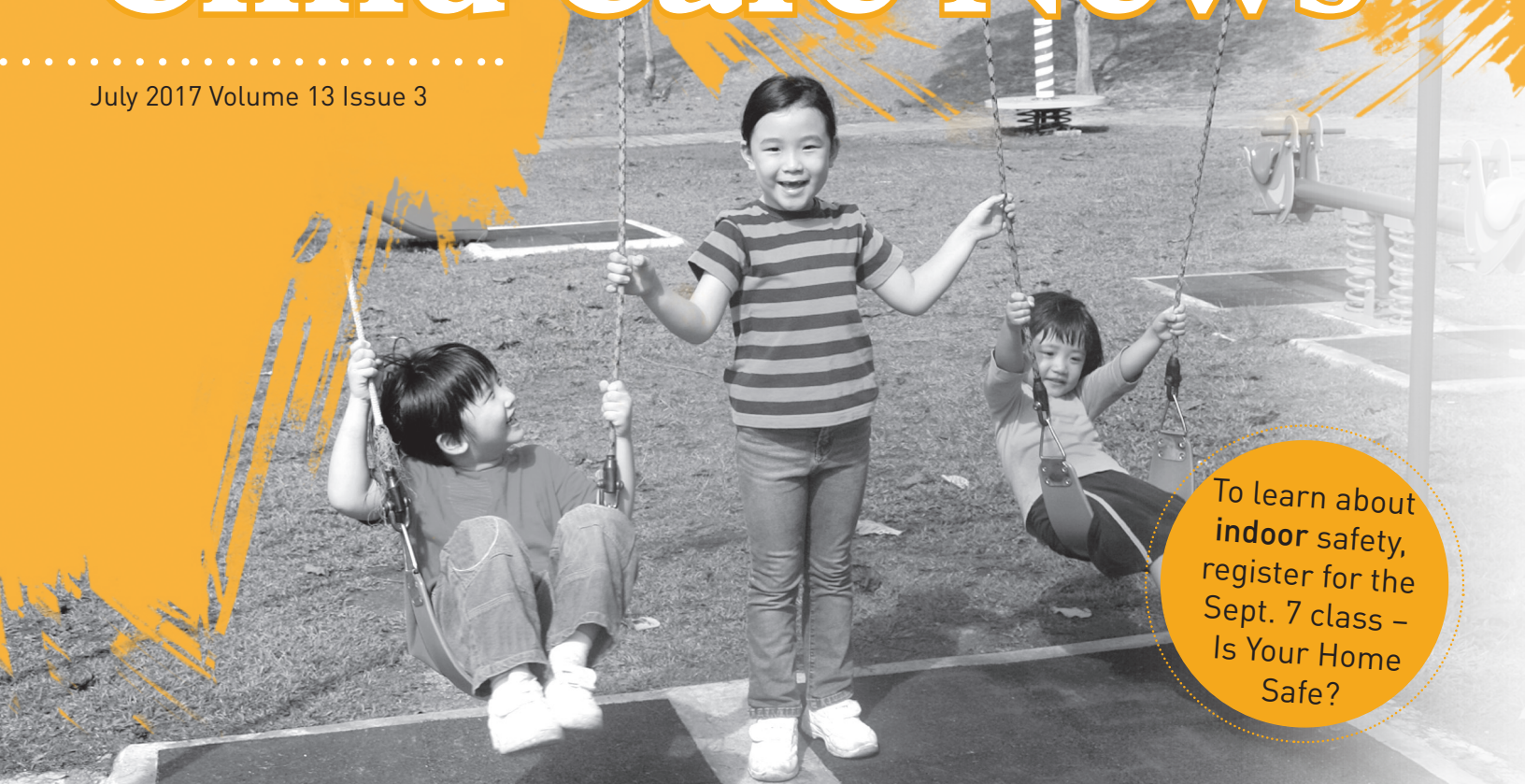


# Sioux Falls Family Child Care News

July 2017 Volume 13 Issue 3



To learn about  
**indoor** safety,  
register for the  
Sept. 7 class –  
Is Your Home  
Safe?

## Safe Summer Outdoor Play!

Summer time means outdoor time, everyone enjoys the opportunity to get outside and be active! But whether the children in your care are playing in your backyard or at a city playground, safety is the priority.

Here are some things to keep in mind:

- Adult supervision
  - Young children can't foresee the possible risks and often don't know their limits and try things they shouldn't.
  - It's important to move around the playground so you can supervise effectively.
  - Find the trouble spots (swings, hidden areas, etc.) to keep a closer eye on.
- Playground rules
  - Tell your children ahead of time how to keep safe on the playground and be prepared to repeat the rules often.
  - Teach them how to use the equipment properly; it could prevent them or other children from getting hurt.
- Check equipment
  - Look for frayed ropes, broken parts, splintered wood, rusted surfaces, etc.
  - Check surfaces to see how hot they are.
    - Hot metal equipment can cause contact burns quickly.
- Prevention
  - Always put sunscreen on children, an SPF of 30 or higher is best.
  - Make sure children do not have clothing with drawstrings or cords that can get caught and cause strangulation.
  - Keep your first aid kit stocked and ready to go.
  - Have your cell phone and list of parent/emergency phone numbers with you.

Have a fun, SAFE summer!

**SANFORD**  
Children's

## A Word from the Health Department

Coming in September –  
Question and answer session  
on the renewal process.

## Statewide Vision Screening

Lion KIDSIGHT South Dakota is a free statewide vision screening provided to children ages 12 months and up.

Contact KIDSIGHT to set up a free vision screening at your day care.

**(605) 338-0551 or 1-800-735-4667**

## Summer Time Fun!

Check out [siouxfalls.org/parks](http://siouxfalls.org/parks) for fun summer activities in the Sioux Falls city parks

- City parks locations and information
- Swimming pool locations and information
- Activities Guide

### Cool Down with Ice Chalk

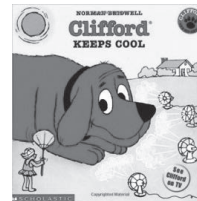
Ingredients:

- Corn Starch
- Water
- Washable Paint
- Ice Cube Trays
- Freezer

Directions:

1. Whip up a batch of homemade chalk paint using equal parts corn starch and water.
2. Split it up into smaller batches then add in your favorite washable paint colors.
3. Pour the mixtures into ice cube trays and freeze them.
4. When it's time to play, pop the ice chalk out of the trays into a bowl and let the kids draw and experiment on the pavement. The colors get more vibrant as they melt.

### Summer Time Reading



Clifford Keeps Cool  
by Norman Bridwell



One Hot Summer Day  
by Nina Crews



Summer Days and  
Nights by Wong  
Herbert Yee

### 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:

Monday, July 31, 2017 • 6:30 – 10 p.m.

Saturday, Aug. 12, 2017 • 8:30 a.m. – Noon

Monday, Aug. 21, 2017 • 6:30 – 10 p.m.

Saturday, Sept. 16, 2017 • 8:30 a.m. – Noon

Monday, Sept. 25, 2017 • 6:30 – 10 p.m.



## Learning Opportunities

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

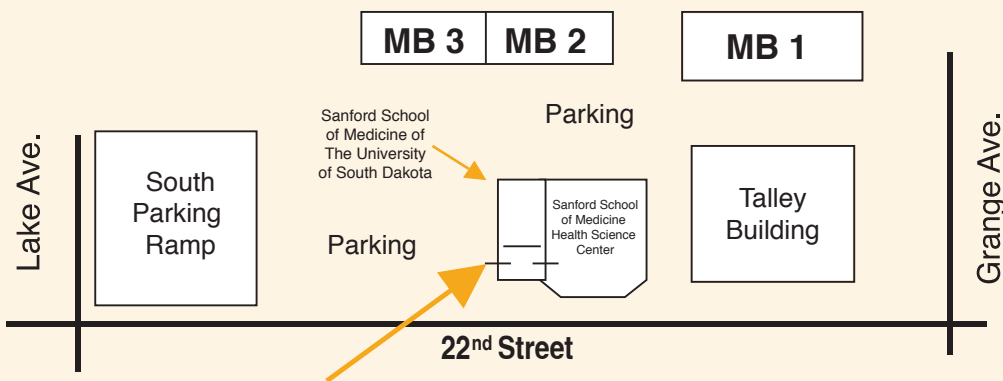
Date/Time	Class Title	Location	Category
Thursday, July 13 6:30 – 7:30 p.m.	<b><u>Detecting and Reporting Child Abuse and Neglect</u></b> Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.	Sioux Falls	<i>Child Abuse and Neglect</i>
Thursday, July 20 6:30 – 7:30 p.m.	<b><u>Snack Time</u></b> Learn about why providing healthy snacks matters and how to adhere to healthy snacking guidelines.	Sioux Falls	<i>Child Nutrition and Growth</i>
Monday, July 24 6:30 – 7:30 p.m.	<b><u>Emotion Motion</u></b> Learn how to teach children to be more aware of their bodies' response to stress and ways to help them calm themselves down.	Sioux Falls	<i>Guidance and Discipline</i>
Thursday, August 3 6:30 – 9 p.m.	<b><u>Certified First Aid</u></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	<i>First Aid</i>
Thursday, August 17 6:30 – 7:30 p.m.	<b><u>Got the Miscommunication Blues?</u></b> Struggling with how to communicate well with parents? Learn ways to get your message across in a clear, non-confrontational manner.	Sioux Falls	<i>Family Life and Communications</i>
Thursday, August 17 7:30 – 8:30 p.m.	<b><u>Don't Step on the Baby!</u></b> Learn ways to promote the development of all ages in your mixed age setting.	Sioux Falls	<i>Child Development</i>
Thursday, September 7 6:30 – 7:30 p.m.	<b><u>Is Your Home Safe?</u></b> This class will focus on home safety. We will go over possible causes of injury in various areas of the home. We will discuss how to create the safest environment possible for children.	Sioux Falls	<i>Safety and Health</i>
Thursday, September 7 7:30 – 8:30 p.m.	<b><u>Child Care Essentials: Shaken Baby Syndrome</u></b> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Sioux Falls	<i>Shaken Baby Syndrome Prevention</i>
Monday, September 18 7 – 8 p.m.	<b><u>Child Care Essentials: Reducing the Risk of SIDS</u></b> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Sioux Falls	<i>Sudden Infant Death Prevention</i>

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.

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

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
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## CHILD Services Office and Class Locations



**CHECK OUT  
THE NEWSLETTER  
ONLINE**

[www.sanfordhealth.org/  
CHILDservices](http://www.sanfordhealth.org/CHILDservices)

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

