Battling the Stress Monster

School has started and the holidays are right around the corner, are you feeling stressed yet? Those things on top of your everyday stresses can cause you to feel tired and overwhelmed. Working with children is so rewarding but also demanding and stressful.

Your body has an emotional and physical reaction to stress. Do you feel your shoulders tense or your jaw clench? Do you feel you over-react when you’re stressed? Some people get stomachaches or headaches when they get overwhelmed and stressed.

There is a cycle of stress that people go through, it looks like this:

- Something is said or done to you
- You have an instant emotional response
- Your body responds with tension
- Your mind responds with emotion
- You now feel stressed and you react

Sound familiar? Managing your thinking and emotional response can help you deal with stress. This can be hard to do but the more you do it, the easier it gets. Here are some tips to get you started:

- Determine what things stress you out, what are your triggers?
- Recognize how you feel when you are starting to get stressed

Being aware of what stresses you and your typical stress responses can help you get a handle of your stress before it gets out of hand.

Here are some things you can do to help manage the stress in your life:

- Deep breathing
- Visualize a peaceful place
- Relax your body, one part at a time
- Take time for yourself – exercise, read, have fun!
- Involve others in helping out, you don’t have to do it all
- Look at your schedule and determine what things you have to do and what things you can cut out.

Battling the stress monster takes time, self-awareness and the willingness to take control of your thinking and emotions but the rewards are worth it. For more information, attend the “Take Time to Breathe” class on 11/20.
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.

Sanford Children’s Toy Lending Library

Children learn and grow through play.

Why Join?

• Access to a variety of developmentally appropriate and educational toys for infants, toddlers and preschoolers.
• Opportunity to provide an assortment of toys to promote various skill developments.
• Availability for you to have new and different toys for children to enhance their play experience.
• Convenience of trying out a toy to see if children enjoy the toy before purchasing.
• Ability to provide a cost effective way to keep your toy selection new and interesting for children.

For more information, call (605) 312-8370 or email childsrv@sanfordhealth.org.
Mark Your Calendars!

CPR Opportunities

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

Class Dates:
Saturday, Oct. 14, 2017 • 8:30 a.m. – Noon
Thursday, Oct. 19, 2017 • 6:30 – 10 p.m.
Monday, Oct. 23, 2017 • 6:30 – 10 p.m.
Thursday, Nov. 2, 2017 • 6:30 – 10 p.m.
Saturday, Nov. 18, 2017 • 8:30 a.m. – Noon
Saturday, Dec. 16, 2017 • 8:30 a.m. – Noon

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>Monday, October 9</td>
<td>Detecting and Reporting Child Abuse and Neglect</td>
<td>Sioux Falls</td>
<td>Child Abuse and Neglect</td>
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<tr>
<td>7 – 8 p.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, October 26</td>
<td>Thinking Outside the Box</td>
<td>Sioux Falls</td>
<td>Developmental Play</td>
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<tr>
<td>6:30 – 7:30 p.m.</td>
<td>Tired of the same old toys, learn how to use materials in new ways.</td>
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<tr>
<td>Thursday, October 26</td>
<td>Nutrition and Physical Activity for You!</td>
<td>Sioux Falls</td>
<td>Child Nutrition and Growth</td>
</tr>
<tr>
<td>7:30 – 8:30 p.m.</td>
<td>Learn how to improve your overall health wellness through healthy eating and physical activity. We will also look at the importance of being a positive role model when related to nutrition.</td>
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<tr>
<td>Tuesday, November 7</td>
<td>Sneeze, Wheezes &amp; Gooey Diseases</td>
<td>Sioux Falls</td>
<td>Sanitation and Health</td>
</tr>
<tr>
<td>6:30 – 7:30 p.m.</td>
<td>What is it? How is it spread? How can I keep kids and staff from getting it? Get answers to questions relative to common childhood illnesses.</td>
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<tr>
<td>Tuesday, November 7</td>
<td>Food Handling Techniques</td>
<td>Sioux Falls</td>
<td>Food Handling Techniques</td>
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<tr>
<td>7:30 – 8:30 p.m.</td>
<td>In order to keep the children we serve healthy, there are certain precautions that need to be taken during food preparation, storage and feeding. This class will cover how you can keep everyone safe from food related illness.</td>
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<tr>
<td>Monday, November 20</td>
<td>Take Time to Breathe</td>
<td>Sioux Falls</td>
<td>Stress Management</td>
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<tr>
<td>7 – 8 p.m.</td>
<td>Learn ways to relieve your stress in the midst of your chaotic day.</td>
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<tr>
<td>Tuesday, November 21</td>
<td>Certified First Aid</td>
<td>Sioux Falls</td>
<td>First Aid</td>
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<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>
<td>Monday, December 4</td>
<td>Period of PURPLE Crying</td>
<td>Sioux Falls</td>
<td>Shaken Baby Syndrome Prevention</td>
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<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>Thursday, December 14</td>
<td>Child Care Essentials: Reducing the Risk of SIDS</td>
<td>Sioux Falls</td>
<td>Sudden Infant Death Prevention</td>
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<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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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