

# SANFORD CHILDREN'S CHILD Services

■ OCTOBER - DECEMBER 2023

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## FAMILY ENGAGEMENT IN YOUR PROGRAM



Active family participation helps build trust and strong communication with families, which can help you increase family satisfaction, improve retention and referral to your center and identify opportunities for improvement.

Research has shown that parental involvement in their child's child care and education is a predictor of a child's future academic success and social development. Encouraging parental involvement in a child care program is one measure of a child care program's quality.

### Increase Family Participation

To increase family participation, programs can:

- Focus on building relationships and trust. Take time to get to know every family and keeping communication open to provide updates on their child's progress.
- Communicate. Exchanging information with parents helps you understand their child better and gives parents insight into what's happening in their child's day.
- Let families be heard. Offer opportunities for parents to voice their concerns and make suggestions. Listen to and try to implement their suggestions if possible.

### Family Engagement Activities

- Educate parents on child development by:
  - Helping parents understanding what learning looks like (and doesn't look like)
  - Send helpful resources and pointing parents toward trust resources
  - Inviting experts to come and speak to your parents
- Conduct parent-teacher conferences. This allows you to collaborate with parents to come up with goals for their children.
- Host family events. These events can be short and be focused on what children are learning at your program.
- Regularly showcase children's work. This can be done through videos, photos, or artwork. Be sure to explain what the child is learning.
- Allow families to volunteer. This is a great way to help parents feel more invested in your program. Some volunteer ideas include:
  - Preparing craft materials
  - Welcoming new families
  - Read during story time

By making families feel welcomed, valued, and heard, you can increase parent involvement and promote early childhood development inside and outside the classroom.

Want additional help on increasing family engagement, call our office today!

## Meet the Staff

### DIRECTOR

Dianna Rajski

### ADMINISTRATIVE ASSISTANTS

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Shawn Freudenthal

### COORDINATORS

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### SANFORD CHILDREN'S CHILD SERVICES

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Aberdeen, SD 57401  
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### EMAIL

- [childsrv@sanfordhealth.org](mailto:childsrv@sanfordhealth.org)
- [childservices.aberdeen@sanfordhealth.org](mailto:childservices.aberdeen@sanfordhealth.org)

### WEBSITE

- [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices)
- [www.sdece.org](http://www.sdece.org)



# FACE TO FACE Learning Opportunities

## General Classes

Classes for caregivers of all ages of children

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
<b>NEW</b> Saturday, October 7 9 – 10 a.m.	<b>Enhancing Your Environment</b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.	Sioux Falls	Age Appropriate Planning
<b>NEW</b> Saturday, October 7 10 – 11 a.m.	<b>Make &amp; Take – Visual Schedules</b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.	Sioux Falls	Age Appropriate Planning
Tuesday, October 10 7:30 – 8:30 p.m.	<b>Transition Strategies</b> Learn how to provide effective transition techniques for children with spirited temperaments.	Sioux Falls	Guidance & Behavior Management
<b>NEW</b> Saturday, November 4 9 – 10 a.m.	<b>Enhancing Your Environment</b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.	Aberdeen	Age Appropriate Planning
<b>NEW</b> Saturday, November 4 10 – 11 a.m.	<b>Make &amp; Take – Visual Schedules</b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.	Aberdeen	Age Appropriate Planning

## Infant/Toddler Classes

Classes with an emphasis on caring for six week to three year old children

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Tuesday, October 10 6:30 – 7:30 p.m.	<b>Building Resilience in Children with Challenging Behaviors</b> Learn to help children co-regulate strong emotions, increase attention & impulse control, and encourage problem solving & self-esteem.	Sioux Falls	Guidance & Behavior Management
Thursday, November 30 7 – 8 p.m.	<b>What is Social Emotional Development Really?</b> Gain an understanding of the Pyramid Model and how it relates to your role as a provider. Learn about the roots of social emotional development as a prevention and relationship-based technique.	Sioux Falls	Child Growth & Development
Thursday, December 7 6:30 – 7:30 p.m.	<b>Rough and Tumble Play</b> Learn about rough play in young children. Find out what is appropriate and when you should be more concerned. Discover tips on how to respond when play gets rough.	Sioux Falls	Guidance & Behavior Management
Thursday, December 7 7:30 – 8:30 p.m.	<b>Child Care Essentials: Shaken Baby Syndrome</b> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Sioux Falls	Child Abuse & Neglect



### CHILD Services in Aberdeen has moved!

Aberdeen CHILD Services is now located inside the main entrance of Sanford Aberdeen Medical Center. Their new address is 2905 3rd Ave SE Aberdeen, SD 57401

# Preschool Classes

Classes with an emphasis on caring for three to five year old children

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Thursday, October 5 6:30 – 7:30 p.m.	<b>Planning Activity Areas: Sand &amp; Water Play</b> Discover ideas for designing educational experiences for children using sand and water. Inspired by the South Dakota Early Learning Guidelines.	Sioux Falls	Age Appropriate Planning
Thursday, October 5 7:30 – 8:30 p.m.	<b>Planning Activity Areas: Block Play</b> Discover how block play assists children in developing various skills. Inspired by the South Dakota Early Learning Guidelines.	Sioux Falls	Age Appropriate Planning
<b>NEW</b> Saturday, October 7 11 a.m. – Noon	<b>Make &amp; Take - Sensory Bin for Preschoolers</b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Sioux Falls	Age Appropriate Planning
<b>NEW</b> Saturday, November 4 11 a.m. – Noon	<b>Make &amp; Take - Sensory Bin for Preschoolers</b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen	Age Appropriate Planning
Wednesday, November 8 6:30 – 7:30 p.m.	<b>Planning Activity Areas: Math Play</b> Learn the many activities that help preschoolers develop math skills and what items you need in your program to give children strong support. Inspired by the South Dakota Early Learning Guidelines.	Sioux Falls	Age Appropriate Planning
Wednesday, November 8 7:30 – 8:30 p.m.	<b>Planning Activity Areas: Health &amp; Physical Activity</b> Discover strategies and activities that encourage effective physical play and nutrition. Inspired by the South Dakota Early Learning Guidelines.	Sioux Falls	Age Appropriate Planning

# Certified First Aid Classes

The American Heart Association's Pediatric First Aid course trains participants how to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives.

DATE/TIME	LOCATION	LICENSING/PATHWAYS
Tuesday, October 17 6:30 – 9 p.m.	Sioux Falls	Program Health & Safety
Tuesday, October 24 6:30 – 9 p.m.	Sioux Falls	Program Health & Safety
Saturday, November 11 1 – 3:30 p.m.	Aberdeen	Program Health & Safety



## FACE TO FACE CLASS

- Class participants arriving later than 10 minutes past the class start time will not be allowed to attend class as the facility doors will be locked.
- In order to maintain an appropriate learning environment for all class attendees, children are not allowed to attend classes.

# Adult/Child & Infant CPR/AED Classes

American Heart Association's course offers instructor-led course and teaches adult, child and infant CPR/AED and choking

DATE/TIME	LOCATION	LICENSING/PATHWAYS
Saturday, October 7 8:30 a.m. – Noon	Yankton	Program Health & Safety
Monday, October 9 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, October 21 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Saturday, November 4 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Thursday, November 9 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, November 11 8:30 a.m. – Noon	Aberdeen	Program Health & Safety
Saturday, November 11 8:30 a.m. – Noon	Mitchell	Program Health & Safety
Wednesday, November 15 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, December 2 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Wednesday, December 27 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety

## ONLINE ADULT/CHILD & INFANT CPR/AED TRAINING OPTION



Providers have an option to complete the education portion online and conduct face to face skill testing in Aberdeen or Sioux Falls.

Below is the process to conduct the education portion online and face to face skill testing:

- Complete the online course. Contact our office to receive online course link information.
- Contact our office to schedule 1:1 skill testing. Certificate of completion of online course must be brought to skill testing.
- After completion of the online course, you will have 60 days to complete the face-to-face skill testing portion.

# Online Learning Opportunities

## Infant/Toddler Classes

Classes with an emphasis on caring for six week to three year old children

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Monday, October 9 7 – 8 p.m.	<b>Using Positive Discipline Model</b> Use the Positive Discipline model to be both kind and firm so the children in your care can learn self-discipline and creative cooperation.	Guidance & Behavior Management
Monday, November 6 6 – 7 p.m.	<b>Safe Infant Sleep Environments</b> Learn to identify common hazards of infant sleep environments and safe sleep practices for injury prevention.	Program Health & Safety
Monday, November 6 7 – 8 p.m.	<b>Clingy Babies and Toddlers? Build a Circle of Security</b> Learn what challenging behaviors are really saying. Learn how you can build a secure attachment relationship to make caring for young children easier and more enjoyable.	Guidance & Behavior Management
Tuesday, December 5 6 – 7 p.m.	<b>Rough and Tumble Play</b> Learn about rough play in young children. Find out what is appropriate and when you should be more concerned. Discover tips on how to respond when play gets rough.	Guidance & Behavior Management
Tuesday, December 5 7 – 8 p.m.	<b>Intentional Interactions with Infants and Toddlers</b> Discover the importance of intentional and meaningful interactions and optimal times to create them with infants and toddlers.	Child Growth & Development
Monday, December 11 6:30 – 7:30 p.m.	<b>Sudden Unexpected Infant Death Syndrome (SUIDS)</b> Creating a safe environment is not always easy. Learn practices to keep infants under 1 year of age safe, with emphasis on the most recent safe sleep standards.	Program Health & Safety
Thursday, December 21 6 – 7 p.m.	<b>Connection Seeking Behaviors</b> We often hear the term attention seeking in reference to children's behavior. In this class we are going to focus on rephrasing this to connection seeking. Learn about what connection seeking means and strategies on how to respond.	Guidance & Behavior Management
Thursday, December 21 7 – 8 p.m.	<b>Trauma and the Brain</b> Providers will learn about how trauma affects the brain and future development of infants and toddlers.	Child Growth & Development

## ONLINE CLASS POLICY

Class registration is closed 48 hours prior to scheduled class start time. Monday class registration is closed at 5 p.m. on the Thursday prior to the class

Participants are emailed the class link, with instructions, within 24 hours prior to scheduled class start time. In order to receive credit for online classes, participants must:

- Log into class within 5 minutes of the class start time.
- Demonstrate attendance by participating in class polls and chats.
- Complete 1 learning statement at the end of the class.

# Preschool Classes

Classes with an emphasis on caring for three to five year old children

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Wednesday, October 25 6:30 – 7:30 p.m.	<b>Planning Activity Areas: Dramatic Play</b> Help the children in your care use their imagination and cooperation skills as they pretend, take on new roles, and learn about themselves, their family, and society.	Age Appropriate Planning
Wednesday, October 25 7:30 – 8:30 p.m.	<b>Planning Activity Areas: Musical Play</b> Provide easy and fun music activities to use with children.	Age Appropriate Planning
Monday, November 20 6 – 7 p.m.	<b>Planning Activity Areas: Musical Play</b> Provide easy and fun music activities to use with children.	Age Appropriate Planning
Monday, November 20 7 – 8 p.m.	<b>Planning Activity Areas: Dramatic Play</b> Help the children in your care use their imagination and cooperation skills as they pretend, take on new roles, and learn about themselves, their family, and society.	Age Appropriate Planning

# fitCare Classes

Classes to help caregivers provide a healthy lifestyle program for children in their care

FITCARE SERIES		
DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Monday, October 2 6:30 – 8:30 p.m.	<b>Sweet Dreams</b> Exploring strategies for sleep and relaxation.	Program Health & Safety
Monday, October 16 6:30 – 8:30 p.m.	<b>Mindful Moments</b> Supporting children's social and emotional development.	Guidance & Behavior Management
Monday, October 23 6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting physical activity and development.	Child Growth & Development
Monday, October 30 6:30 – 8:30 p.m.	<b>We are What We Eat</b> Creating healthy nutrition environments.	Nutrition for Children
FITCARE INDIVIDUAL CLASSES		
Thursday, October 26 6:30 – 8:30 p.m.	<b>Sweet Dreams</b> Exploring strategies for sleep and relaxation.	Program Health & Safety
Tuesday, November 14 6:30 – 8:30 p.m.	<b>Mindful Moments</b> Supporting children's social and emotional development.	Guidance & Behavior Management

## NEW FROM THE SIOUX FALLS DEPARTMENT OF HEALTH

We are moving! As of September 1<sup>st</sup>, we will be located on the 2<sup>nd</sup> floor of Falls Community Health.

The city of Sioux Falls Health Department is reminding all Sioux Falls family child care providers that we are once again in renewal season and all registered providers have received their renewal packets in the mail. If you are missing anything or have questions, please contact us at 605-367-8760.

Thank you for the service you provide to our community.





# Saturday Spectacular

One-day event with classes for childcare providers of various ages and settings

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Saturday, October 7 9 – 10 a.m.	<b>Enhancing Your Environment</b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.	Sioux Falls	Age Appropriate Planning
Saturday, October 7 10 – 11 a.m.	<b>Make &amp; Take – Visual Schedules</b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.		Age Appropriate Planning
Saturday, October 7 11 a.m. – Noon	<b>Make &amp; Take - Sensory Bin for Preschoolers</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.		Age Appropriate Planning
Saturday, November 4 9 – 10 a.m.	<b>Enhancing Your Environment</b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.	Aberdeen	Age Appropriate Planning
Saturday, November 4 10 – 11 a.m.	<b>Make &amp; Take – Visual Schedules</b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.		Age Appropriate Planning
Saturday, November 4 11 a.m. – Noon	<b>Make &amp; Take - Sensory Bin for Preschoolers</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.		Age Appropriate Planning



# Make & Take Classes

Attend these classes and you will receive **free, interactive materials** to take back to your classroom for the kids in your care to learn and explore.

Current classes are:

- Visual Schedules
- Sensory Bin for Preschoolers

Additional classes in 2024:

- Cozy Corner
- Sensory Bin for Infants
- Sensory Bin for Toddlers



**Space is limited - call today to register!**



**Sanford**  
**Children's CHILD Services**  
5015 S Western Ave, Suite 120  
Sioux Falls, SD 57108

RETURN SERVICE REQUESTED

**2023 TRAINING SCHEDULE**  
OCTOBER/NOVEMBER/DECEMBER