

Sanford Children's CHILD Services

October - December 2026

UNDERSTANDING & RESPONDING TO BITING



Biting is typical behavior for children up to about 3 years of age. The first step to eliminate biting is to discover why that child bites.

Why Do Children Bite?

- **Exploring.** To a young child, biting a person and a toy are the same - it's a way to learn about the world.
- **Teething.** When new teeth come in, a child's gums may be swollen and tender. Chewing on a person may feel just as good as chewing on a teething ring.
- **Cause and Effect.** Around 12 months, infants learn that when they do one thing, something else happens. They may also find that when they bite someone, that person reacts!
- **Attention.** Older toddlers may bite children to get attention. A lonely-feeling child finds out that biting is a quick way to become the center of attention.
- **It's Mine.** Toddlers are self centered and are busy learning about how to control their world. Biting is a quick way to take over a toy or to move another child out of the way.
- **Learning Words.** Toddlers are learning how to speak. If they can't find the words, they may bite, hit or push other children.
- **Time of Stress.** Children who are bored, tired, or hungry may bite out of stress.

How to Prevent Biting

- **Learn Triggers.** Watch for patterns and keep an eye out especially during tough times of the day such as sharing or transitions. Watch for body language cues; tense body, clenched jaw or hovering near another child.
- **Teach Communication Skills.** Model simple phrases like, "Help," "No," or "Stop." Pair words with gestures or ASL and teach language all day long.
- **Adjust the Environment.** Keep spaces calm and predictable. Reduce crowding and overstimulating activities during peak biting times.
- **Stay Close & Be Attentive.** Stay near to known biters and position yourself in problem areas. Be alert and ready to intervene.

What To Do If a Child Bites

- **Stay Calm & Neutral.** Big reactions can reinforce the behavior. Avoid yelling, gasping dramatically, raising your voice and overreacting.
- **Teach Replacement Skills.** Teach once the child is calm. Show what to do instead; bite a teether toy, ask for help, say "Mine" or "Please Stop"
- **Avoid Punishment.** Punishment can harm the child's self-esteem, which can make biting worse. Do not bite the child back, shame them, label or isolate the child for long periods of time.
- **Be Consistent.** All staff need to respond the same, use same phrases and follow the same steps.
- **Talk to Parents.** Be honest about what happened. If their child bit, do not tell them who they bit. If their child was bitten, do not tell them who bit them. Acknowledge their feelings and let them know how biting situations are handled.

MANAGER

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WEBSITES

- www.sanfordhealth.org/CHILDServices
- www.sdece.org



FACE to FACE Trainings

All Ages

Classes for caregivers of all ages of children

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Monday, October 5	6:30 - 7:30 p.m.	<u>Building Strong Partnerships with Families</u> Strong family relationships begin with clear, professional communication. Learn strategies to build trust, communicate effectively, maintain professional boundaries, and navigate difficult conversations while keeping the child's best interests at the center.	Family, School, and Community Partnerships	Sioux Falls
Monday, October 5	7:30 - 8:30 p.m.	<u>Supporting Foster Children in Childcare Classrooms</u> Children in foster care often need extra support as they adjust to new environments and relationships. This class explores practical strategies for creating emotionally safe classrooms, understanding behavior, and partnering with families to help every child succeed.	Child Growth & Development	Sioux Falls
Monday, December 7	6 - 7 p.m.	<u>The Winning Attitude</u> You can control one thing in life - your attitude. Be a positive role model for children. Get tips on how to have a positive attitude in work and life.	Professional Growth & Leadership	Sioux Falls

Infant/Toddler

Classes with an emphasis on caring for children birth to two years old

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Tuesday, November 17	6:30 - 7:30 p.m.	<u>A Bit About Biting</u> Biting is a common—but stressful—experience for infants and toddler age groups. Learn why children bite and how to effectively prevent and respond to it in a childcare setting.	Child Guidance & Emotional Well-Being	Sioux Falls
Tuesday, November 17	7:30 - 8:30 p.m.	<u>Explore and Play Throughout the Day</u> Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	Learning, Environment, Planning and Curriculum	Sioux Falls
Monday, December 7	7 - 8 p.m.	<u>Setting Correct Expectations</u> Gain insight into setting appropriate expectations for young learners. Developmentally appropriate practices will guide our discussion and help us reflect on the expectations we have for the children in our care.	Child Growth & Development	Sioux Falls



CHILD SERVICES CLASS POLICIES

- All participants are required to personally call and register for all classes. Registration on behalf of others, including co-workers, is not permitted.
- Participants are expected to arrive or sign in no later than 10 minutes after the scheduled start time. Those arriving after this period will not be permitted to attend the class.
- In order to maintain an appropriate learning environment for classes, children are not allowed to attend classes.

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Tuesday, October 6	6:30 - 8 p.m.	<u>Teaching Valuable Social Skills</u> The preschool years are an important period for emotional development; help them build positive social and problem-solving skills.	Child Guidance & Emotional Well-Being	Sioux Falls
Tuesday, October 13	6:30 - 8 p.m.	<u>Learning Together: Inclusion in Preschool</u> Understand what inclusion means and how to implement within the preschool classroom.	Child Growth & Development	Sioux Falls
Tuesday, October 20	6:30 - 8 p.m.	<u>Stretching Storytime</u> Storytime is more than reading a book—it's an opportunity to spark learning across the classroom. Learn how to extend stories into hands-on play, create literacy-rich environments, and build early reading skills while fostering a love of books.	Learning, Environment, Planning and Curriculum	Sioux Falls
Tuesday, October 27	6:30 - 8 p.m.	<u>Worksheets Don't Work</u> Helping providers come up with new ways to provide hands on play in the classroom instead of worksheets.	Learning, Environment, Planning and Curriculum	Sioux Falls

Adult/Child & Infant CPR/AED

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Saturday, October 3	8:30 a.m. - Noon	<u>Heartsaver Adult/Child & Infant CPR & AED</u> This American Heart Association's course offers instructor-led course and teaches adult, child and infant CPR/AED and choking.	Health, Safety & Nutrition	Sioux Falls
Saturday, October 10	8:30 a.m. - Noon			Sioux Falls
Saturday, November 7	8:30 a.m. - Noon			Aberdeen
Tuesday, November 10	6:30 – 10:00 p.m.			Sioux Falls
Saturday, November 21	8:30 a.m. - Noon			Mitchell
Monday, November 30	6:30 – 10:00 p.m.			Sioux Falls
Saturday, December 5	8:30 a.m. - Noon			Sioux Falls
Monday, December 14	6:30 – 10:00 p.m.			Sioux Falls

Certified First Aid

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Saturday, October 10	1 - 3:30 p.m.	<u>Certified First Aid</u> 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.	Health, Safety & Nutrition	Sioux Falls
Saturday, November 7	1 - 3:30 p.m.			Aberdeen

News from the City of Sioux Falls



The Sioux Falls Health Department is in the process of adopting a new inspection software which will enable our customers to access their accounts at their discretion. First time applicants as well as those renewing their registrations will do this through the online portal.

All users will be required to set up their account in the Customer Self Service (CSS) system which will then allow them to apply, make payments, submit documents and access inspection reports online. **Renewal applications for 2027 will follow the old process of our office mailing renewal paperwork to each of our registered Providers. Renewal packets will be sent out in mid-September.** A letter will be sent out after we have mailed this year’s renewal packets which will explain in more detail the changes we are implementing. Thank you for all you do and we look forward to working through this transition together.

Sign up for classes online
by scanning the QR Code!



SCAN ME!



HAVE A BITING PROBLEM?

You don’t have to handle it alone!

Biting can be challenging for children, families, and childcare providers. We’re here to help you understand the behavior and develop practical strategies to reduce biting and create a calmer, safer environment for everyone.

Need help with biting in your childcare?
Contact us today for help!



ONLINE CLASS POLICIES

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

1. Log into class within 5 minutes of the class start time
2. Demonstrate attendance by participating in class polls and chats
3. Complete all polls at the end of the class

ONLINE Trainings

All Ages

Classes for caregivers of all ages of children

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Tuesday, October 20	6:30 - 7:30 p.m.	<u>Positive Descriptive Feedback</u> Learn about Positive Descriptive Feedback and how you can use it in your classroom to increase children's positive behavior and interactions.	Child Growth & Development
Tuesday, October 27	6 - 7 p.m.	<u>Nuts & Bolts of Temperament</u> This class introduces children's temperament and how it affects behavior and daily interactions. Participants will learn practical ways to support children by adjusting expectations, routines, and responses to better match each child's needs.	Child Growth & Development
Tuesday, October 27	7 - 8 p.m.	<u>Dealing with Feelings</u> Discuss methods for teaching children to identify & constructively deal with their emotions.	Child Guidance & Emotional Well-Being

Infant/Toddler

Classes with an emphasis on caring for children birth to two years old

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Wednesday, October 7	6 - 7 p.m.	<u>Safe Sleep Environments for Infants</u> Learn the essential safe sleep practices that help reduce the risk of sleep-related infant deaths and create a safe sleep environment in childcare settings.	Health, Safety & Nutrition
Wednesday, October 7	7 - 8 p.m.	<u>Clingy Babies & Toddlers</u> 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.	Child Guidance & Emotional Well-Being
Tuesday, October 20	7:30 - 8:30 p.m.	<u>Understanding Social Emotional Development</u> Social-emotional development is built through everyday interactions, relationships, and routines. In this training, we will explore why it matters and learn practical strategies to support children's social and emotional growth, build strong relationships, teach essential skills, and create environments where children can thrive.	Child Growth & Development
Thursday, December 3	6 - 7 p.m.	<u>Child Care Essentials: Reducing the Risk of SIDS</u> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Health, Safety & Nutrition
Thursday, December 3	7 - 8 p.m.	<u>Child Care Essentials: Shaken Baby Syndrome</u> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Health, Safety & Nutrition

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Tuesday, December 1	6:30 - 7:30 p.m.	<u>Teaching Valuable Social Skills</u> The preschool years are an important period for emotional development; help them build positive social and problem-solving skills.	Child Guidance & Emotional Well-Being
Tuesday, December 1	7:30 - 8:30 p.m.	<u>Learning Together: Inclusion in Preschool</u> Understand what inclusion means and how to implement within the preschool classroom.	Child Growth & Development
Tuesday, December 8	6:30 - 7:30 p.m.	<u>Stretching Storytime</u> Storytime is more than reading a book—it's an opportunity to spark learning across the classroom. Learn how to extend stories into hands-on play, create literacy-rich environments, and build early reading skills while fostering a love of books.	Learning, Environment, Planning and Curriculum
Tuesday, December 8	7:30 - 8:30 p.m.	<u>Worksheets Don't Work</u> Helping providers come up with new ways to provide hands on play in the classroom instead of worksheets.	Learning, Environment, Planning and Curriculum

School Aged Care

Classes specific to care provided in out of school time settings

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Tuesday, November 3	6:30 - 7:30 p.m.	<u>School Age Care in a Shared Space</u> Learn ways to create a positive interactive school age care environment even with the challenge of a shared space.	Learning, Environment, Planning and Curriculum
Tuesday, November 3	7:30 - 8:30 p.m.	<u>What is STEAM Anyway?</u> Learn how to provide opportunities in science, technology, engineering, art, and math for school-age children.	Learning, Environment, Planning and Curriculum

Family Child Care

Classes specific to care provided in family child care settings

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Wednesday, December 16	6 - 7 p.m.	<u>Setting Boundaries with Parents</u> Boundaries can be blurred when you run your business out of your home, learn ways to keep parent relationships friendly but professional.	Family, School, and Community Partnerships
Wednesday, December 16	7 - 8 p.m.	<u>Creating a Healthy and Safe Family Child Care Environment</u> 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.	Health, Safety & Nutrition

Sanford Children's CHILD Services

Did you know, if your child care program is licensed or registered with the state of South Dakota you belong to the South Dakota ECE System?

These services are available to you! Call your local ECE office for more information.

Educational Opportunities

Trainings are accessible to child care providers across the state of South Dakota through in-person, online and on-site delivery.

Technical Assistance

A collaborative, problem-solving process between the provider and CHILD Services staff. Includes consultations, coaching, modeling, observation and support.

Temperament Program

Collaborative approach between parents, child care providers and ECE staff to understand a child's temperament.

Child Development Associate

A credential is a nationally recognized early childhood professional credential administered by the Council for Professional Recognition.

Social Emotional Program

Support to child care providers and parents involving children who exhibit challenging behaviors or developmental concerns.

REGION 1: EARLY CHILDHOOD CONNECTIONS

3645 Sturgis Rd, Suite 110
Rapid City, SD 57702
(605) 342-6464

REGION 2: THE RIGHT TURN, INC.

115 E Sioux Ave
Pierre, SD 57501
(605) 773-4755

REGION 3: SANFORD CHILDREN'S CHILD SERVICES

2905 3rd Ave SE
Aberdeen, SD 57401
(605) 226-5675

REGION 4: CHILD & FAMILY RESOURCE NETWORK

South Dakota State University, PO Box 2218
Brookings, SD 57007
(605) 688-5730

REGION 5: SANFORD CHILDREN'S CHILD SERVICES

5015 S. Western Ave. Suite. 120
Sioux Falls, SD 57108
(605) 312-8390





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

RETURN SERVICE REQUESTED

2026 TRAINING SCHEDULE
OCTOBER/NOVEMBER/DECEMBER