

Childcare News

Overwhelmed with Childcare? Aim for Less Stress



Remember the days when children played without fighting, parents didn't complain and you had enough hours in the day to get all of the chores done? Of course you don't remember. It never existed! Childcare has one of the highest turnover rates at 30-40%. How can you prevent yourself from being one of those statistics?

Recognize the warning signs:

- Loss of patience
- Irritability
- Tired/Fatigue
- Stress Related Aches & Pains (headaches/backaches)
- Anxiety/Depression
- Isolation
- Resentment/Indifference toward children/parents

What to do next?

Find some time to reflect on what is

causing you the most stress. Are there certain times of the day you feel more stressed? Do you need a plan around routines and transitions? Do you need more organization with record keeping? Is there a conversation that is needed with a parent you have been avoiding? If you can pinpoint a way to make a small change to lessen your stress, it will have ripple effects.

Give yourself permission to be selfish. Yes, you heard me right! You can't pour from an empty cup! It is VITAL that you keep tabs on your energy levels. You need to be able to recharge and refuel consistently throughout the day - not just at naptime, your time off or weekends. There are ways to put more life and less stress into your daily work! Do things YOU want to do, while you are caring for children.

Create win-win experiences:

- Listen to music while you make lunch
- Find books that are meaningful to you to share with children
- Tell stories from your imagination or your childhood so children get to know you
- Be lighthearted: Sing directions, sing affirmations, sing the schedule, sing what's coming next, sing hellos & sing goodbyes,.
- Check out bucketfillers101.com for fun ideas on how to make "bucket filling" the norm in your childcare

For more ideas for simple self-care, see pg. 4

Make it a goal to reframe how you perceive problems.
Less stress is not only healthier for you, it will help you
enjoy your work with children even more!

Learning Opportunities

Classes offered in rural areas in southeastern South Dakota. (Location details given upon registration)

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Thursday, April 2 6:30 – 9 p.m.	<u>Certified First Aid</u> 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	Safety and Health
Monday, April 6 7:30 – 8:30 p.m.	<u>Prepare & Practice</u> Support your program's preparedness plan with a variety of regular drills and supply checks to ensure readiness for any emergency.	Sioux Falls	Safety and Health
Thursday, May 7 7 – 8 p.m.	<u>Help! What Should I Do Next?</u> Help your staff better manage stressful situations and take proper action when they see anyone mishandling children and coworkers	Sioux Falls	Child Abuse and Neglect
Monday, May 11 7:30 – 8:30 p.m.	<u>Keeping a Healthy Home</u> Keep the children in your care and your own family healthy by following sanitation best practices.	Sioux Falls	Sanitation & Health
Monday, May 18 7 – 8 p.m.	<u>Healthy You = Happy Children</u> In order to take care of others, you need to take care of yourself. Learn self-care tips for a healthy you.	Sioux Falls	Stress Management
Thursday, May 28 7 – 8 p.m.	<u>When the Crying Doesn't Stop</u> Babies can be difficult to soothe & may cry relentlessly; explore why this may happen, the unfortunate consequences of shaking a baby, and how to keep them safe.	Sioux Falls	Shaken Baby Syndrome Prevention
Monday, June 8 7:30 – 8:30 p.m.	<u>Safe Sleep Practices and Reducing the Risk of SIDS</u> Learn to provide a safe environment for children's rest, and how to reduce the risk of Sudden Infant Death Syndrome.	Sioux Falls	Safety and Health
Thursday, June 25 7 – 8 p.m.	<u>Beyond Books: Creating a Literacy Center</u> Early literacy is important for preschoolers; learn ways to set up an interest center to encourage all aspects of literacy	Sioux Falls	Developmental Play

Dakota Land Child Care Conferences

Saturday, April 25, 2020

MMC, Roncalli Center
1105 West 8th Street
Yankton, South Dakota

Sponsored By: Local Child Care Providers & Family Services, Nebraska
Michelle Schulte 605-660-1467 or 605-664-1245

A WORD FROM THE HEALTH DEPARTMENT

We will be starting random inspections this year. Get started early on continuing education for 2021 renewals.

Mark Your Calendars!

CPR Opportunities
CPR Classes held at CHILD Services Verify CPR class location when registering.
Class Dates:
Monday, April 20 • 6:30 – 10 p.m.
Saturday, June 6 • 8:30 a.m. – Noon
Tuesday, June 16 • 6:30 – 10 p.m.

Cancellation

Please remember, if you register for a class and are unable to attend, it is a courtesy to call and cancel your registration

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 9 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:

Class registration is limited to Sioux Falls city registered family day care providers and their helpers. Sioux Falls City registered family day care providers, and their helpers, receive one free CPR class per year.

CPR Cancellation Policy

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.

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.

CPR & Certified First Aid (O)

CPR and First Aid Class Registration and Payment

Policy: Certified First Aid & CPR reservation is not confirmed until payment is received. If payment has not been received 24 hours prior to the start of the class, this class reservation will be given to the first participant that secures this reservation with a payment.

CPR and First Aid Class Refund Policy: Class cancellation is required prior to the start of class, otherwise payment will be forfeited and is non-transferrable.

Additional classes may be added check the website for updates. See General classes for Basic First Aid for Child Care Providers. Check out our classes online at www.sanfordhealth.org/CHILDServices. Register for classes by calling (605) 312-8390 or 1-800-235-5923

Take care of you so you can take care of them!

Watch

Self-Care for Daycare Providers:
<https://www.youtube.com/watch?v=ya5XOh8wJds>

Coping with Stress:
https://www.youtube.com/watch?v=sWHaZ_g2wcA

The Struggles of a Childcare Worker:
<https://www.youtube.com/watch?v=VJoOu-4yIn8>

Read

13 Ways to Avoid Burnout in Childcare:
<https://littlesproutslearning.co/avoiding-burnout-childcare/>

7 Ways to Deal with Stress in Family Childcare:
<https://littlesproutslearning.co/stress-in-family-childcare/>

Heartsaver® CPR AED (O)

CPR Policy: This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches skills with AHA's practice-while-watching technique, which allows instructors to observe the students and provide feedback.

\$20/2020 Classes

Saturday, March 7	8:30 – Noon	Sioux Falls
Tuesday, March 24	6:30 – 10 p.m.	Sioux Falls
Saturday, March 28	8:30 – Noon	Vermillion
Saturday, April 4	8:30 – Noon	Sioux Falls
Saturday, April 18	8:30 – Noon	Mitchell
Saturday, April 18	8:30 – Noon	Sioux Falls
Tuesday, April 28	6:30 – 10 p.m.	Sioux Falls
Saturday, May 9	8:30 – Noon	Sioux Falls
Saturday, May 16	8:30 – Noon	Sioux Falls
Tuesday, May 19	6:30 – 10 p.m.	Sioux Falls

Certified First Aid (O)

The American Heart Association's new Heartsaver Pediatric First Aid Course offers pediatric first aid training solutions for child care providers. This course contains information on how to manage illness and injuries in a child 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.

\$20/2020 Classes

Tuesday, April 7	6:30 – 9 p.m.	Sioux Falls
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Ideas for Simple Self-Care

BODY	MIND	SOUL
Go for a walk	Smile for no reason	Speak your truth
Take a bath	Take another route to work	Be creative
Take a nap or go to bed early	Do a mini de-clutter	Take a vacation
Eat a fruit or veggie	Unplug from social media	Treat yourself
Drink more water	Thank yourself for showing up	Talk to others who understand
Stretch	Create a deliberate habit	Learn how to say NO
Smell something soothing	Watch the clouds	Pay attention to your breath
Take a DEEP BREATH	Do a mini meditation	Find the humor in everything
Get some sun & go out in nature	Put something visually beautiful in your space	Connect with people, pets or and calming environment
Put lotion on	Bring yourself back to the present	Find ways to enjoy being alone
Have a good belly laugh	Listen to uplifting music	Appreciate your life
Dance	Give yourself permission to be you	Acknowledge the power of choice