

Childcare News

IMPORTANCE OF RITUALS & ROUTINES



What are rituals and routines?

Children need time each day to play, read, eat, interact and engage with the world around them. Designing your schedule and space to support effective routines, helps promote children's development and learning.

Rituals can provide support to that important someone in a child's life. For early childhood professionals, they are a way to connect on a deeper level with families and their children. Rituals and routines work together to create secure environments that nurture relationships between children and their caregivers.

Why are rituals and routines important?

- Because they are repetitive, rituals and routines help children learn classroom activities
- Children are able to predict what will happen next and this helps them feel secure and prepared
- Classrooms with consistent schedules and routines facilitate children's understanding of the learning environment expectations
- Children who are familiar with classroom schedules and routines are more likely engaged, attentive, and learn new knowledge

Developing rituals and routines

A routine is a set of steps you follow the same way each time. This means that the day's activities are predictable.

3 steps to creating routines

1. Establishing Predictable Routines
 - Plan based on children's ages
 - Establish consistent times for eating and napping once children reach the toddler age
 - Balance active times with quiet times
 - Balance group time with time to be alone
2. Explain the routines
 - Use simple charts or visuals to help explain the routines
 - Give reminders as necessary
3. Follow the routines
 - Keep routines consistent
 - Set limits and be clear about what will be expected

Think about how you want the routine to go ahead of time. The simpler it is, the more likely you will be able to follow it. If it is too complicated, you are just setting yourself up for failure. Set systematic instructions. First, then, next.

The time you invest in creating routines can save you time later correcting behaviors. Furthermore, it is also likely to save your child's time by increasing their skills and independence.

Establish a routines and stick to it!

Learning Opportunities

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

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Thursday, October 1 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, October 8 6:30 – 7:30 p.m.	<u>Supporting the Breastfeeding Family</u> This class has information on best practices for child care providers to be able to support families who are breastfeeding.	Online	Food Handling Techniques
Tuesday, October 13 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
Tuesday, October 20 7:30 – 8:30 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
Tuesday, November 3 7 – 8 p.m.	<u>Sudden Unexpected Infant Death Syndrome (SUIDS)</u> 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.	Sioux Falls	Sudden Infant Death Prevention
Tuesday, November 10 7 – 8 p.m.	<u>Buffering Babies and Toddlers from Toxic Stress</u> Babies and Toddlers can be sponges for stress. Learn how to buffer young children from the negative effects of stress by providing responsive, predictable, nurturing care.	Sioux Falls	Developmental Play
Thursday, November 12 7:30 – 8:30 p.m.	<u>Communicable Diseases</u> What is a communicable disease? How do you prevent its transmission? Learn how germs are transmitted and how to keep children healthy.	Sioux Falls	Sanitation and Health
Tuesday, November 24 7 – 8 p.m.	<u>Toxic Stress & Children</u> Learn about positive, tolerable, and toxic stress responses in children, and how to provide environments & relationships that support them.	Sioux Falls	Child Abuse & Neglect
Thursday, December 3 7:30 – 8:30 p.m.	<u>Pick, Pick, Pick</u> Learn reasons why a child may be a picky eater and tips on how to encourage healthy eating habits.	Sioux Falls	Child Nutrition and Growth
Tuesday, December 8 7 – 8 p.m.	<u>Menu Planning</u> Menu planning got you down? Learn ideas to freshen up your meals and make planning a breeze.	Sioux Falls	Child Nutrition and Growth
Monday, December 14 7 – 8 p.m.	<u>Make it Today: Visual Schedules</u> 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	Developmental Play

JUST A REMINDER

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

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.

2020 Classes

Tuesday, October 6	6:30 – 10 p.m.	Sioux Falls
Monday, October 12	6:30 – 10 p.m.	Sioux Falls
Saturday, October 17	8:30 – Noon	Sioux Falls
Monday, October 26	6:30 – 10 p.m.	Sioux Falls
Tuesday, November 17	6:30 – 10 p.m.	Sioux Falls
Saturday, November 21	8:30 – Noon	Sioux Falls
Saturday, December 12	8:30 – Noon	Sioux Falls

Greetings from the Sioux Falls Health Department,

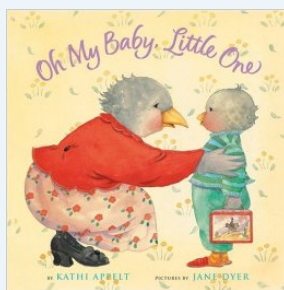
We wanted to take this opportunity provided to us by Sanford Child Services to connect with you as Daycare Providers on just a couple of things. We understand that Sanford resumed in-class training in July, thus (coupled with the vast array of on-line classwork we accept) it will be our expectation that you have fulfilled the 6 hours of continuing education requirements for registration renewal. Renewal notices should be arriving in your mail box in mid-September and are due back in our office November 30, 2020 for the 2021 registration year.

In addition, some of you may have already been visited by us, but if not, please be reminded that we have expanded our inspection program to include routine inspections. If you have any questions about this or have any other daycare related concern, please call us at 367-8760. Thank you

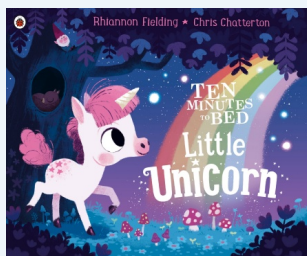
Books to Help with Routines!



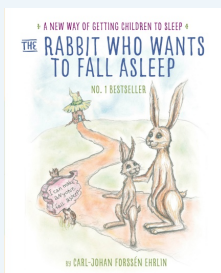
The Kissing Hand
by Audrey Penn



Oh My Baby, Little One
by Kathi Appelt



Ten Minutes to Bed: Little Unicorn
by Rhiannon Fielding



The Rabbit Who Wants to Fall Asleep
by Carl-Johan Forssén Ehrlin

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 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



**Sanford Children's
CHILD Services**
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