



# Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | April, May, June 2018

## Staff

ECE Region 3 Coordinator:  
Rhonda Swanson

Early Childhood Enrichment  
Training Staff:  
Rhonda Swanson  
Jennifer Pavlicek

Office Secretary:  
Morgan Schnell

Sanford Children's CHILD Services  
110 6th Ave SE, Suite 100  
Aberdeen, SD 57401  
Phone: (605) 226-5675  
(800) 982-6404  
Fax: (605) 262-8509

Email:  
CHILDServices.aberdeen@  
sanfordhealth.org

Website:  
www.sanfordhealth.org/  
MedicalServices/CHILDServices

CHILD Services Office Hours:  
Monday-Friday, 8 a.m. – 5 p.m.

This publication was funded in part  
by the Department of Social Services,  
Division of Child Care Services.



**SANFORD**  
Children's

## Reducing Challenging Behaviors

Encountering challenging children's behaviors in the classroom is not uncommon when working with children. The trick to calming the chaos in the classroom is understanding what triggers a child's behavior, and developing a behavior plan for the child when a pattern of inappropriate behavior starts to emerge. Developing a plan at the onset of the challenging behaviors is beneficial for the child and for those who care for the child.

Unfortunately, the child care industry is seeing a rise in children being expelled from child care programs due to challenging behaviors; something one used to think only happened in schools. Expelling a child from a child care program often happens because the child care staff are exhausted in having to deal with the child's behaviors. Expelling a child may be a fix for the child care program, but isn't for the child. A child exhibiting challenging behaviors is a child asking for help. A child exhibiting continual challenging behaviors is likely feeling very stressed, angry or out of control of one's self. When children do not have the ability to identify and express these feelings with words, they often communicate them with emotional outbursts and inappropriate behaviors.

So how does one handle a child exhibiting challenging behaviors that continually take classroom teachers' time away from the other children?

1. The first step is to pause and observe. Ask questions such as:
  - What is triggering the behaviors?
  - When do these behaviors occur?
2. Next, seek to understand what the child is needing. Ask questions such as:
  - Is the child overtired or hungry?
  - Is the child worried?
3. Then, develop a plan of action to prevent and/or manage the behaviors.

With a behavior plan, a child exhibiting challenging behaviors can stay in his or her child care program where learning and development is encouraged. Sanford Children's CHILD Services has services that can help child care providers with developing a behavior plan, along with tips and techniques, to help minimize challenging behaviors in the classroom. These services include:

- Child observations
- Temperament screenings
- On-site technical assistance with staff
- Assistance in developing a behavior plan for a child
- Parent consultations

Through these services parents, child care staff and CHILD Services staff work together to achieve the goal of helping a child succeed in his or her child care setting.

For help with minimizing challenging behaviors in the classroom, call (605) 226-5675.

## Inside This Issue .....

Saturday Spectacular	CPR and First Aid	e-Learning Classes	fitCare Classes	Pathways to Professional Development
Page 2	Page 3	Page 4	Page 5	Page 7

## New Hires

After July 1, 2017 all new hires have 90 days to complete orientation training. South Dakota state-specific orientation training can be accessed through this website:

<http://www.sdstate.edu/frn>

Click on Orientation to Child Care then South Dakota Orientation Training On-Demand.

## South Dakota Early Childhood Education Conference 2018

*Sharing Our Gifts With Children*

**April 12-14, 2018  
Spearfish, SD**

Spearfish Holiday Inn  
Convention Center



## Share with Your Parents Responsive Parenting Classes

Responsive Parenting is a 6-week series for parents who have children ages birth to 3 years old. Topics include child encouragement, parent and child stress, responding to your child's needs, what and how your child learns, and your child's unique temperament.

### Classes Begin:

April 2, 2018 • 5:30 – 7:30 p.m.

• Pre-register before Monday, March 26, 2018

**Location:** Sanford Children's CHILD Services

**Cost:** Free

\*Class is for parents. Licensing credit will not be given.

## Why Do Children

Cry, whine and have temper tantrums

Join us for class and we'll discuss why children do what they do and what you can do to minimize challenging behaviors.

## How Do Children

Learn, cope and develop

Join us for class and we'll discuss how to guide and encourage children.

## ECE Class Policy located on page 7

# Sanford CHILD Services May Saturday Spectacular

A one-day event with classes for caregivers of all ages and all settings.

**When:** Saturday, May 5, 9 a.m. - Noon; Sign-in begins at 8:30 a.m.

**Location:** Sanford Aberdeen Medical Center **Cost:** Free

**Register:** Call (605) 262-8505 or 1-800-982-6404. Call early; space is limited.

3 hours of licensing-approved training. Providers must register for the conference; individual class registration is not available.

Date/Time	Class Title	Licensing/Pathways
9 – 10 a.m.	<b><u>You Can't Say You Can't Play</u></b> Children often get left out of play. Find out ways to include each child and let them know they belong.	<i>Inclusion of all Children</i>
10 – 11 a.m.	<b><u>Nuts and Bolts of Temperament</u></b> Children's individual temperaments cause them to react and respond differently. Explore how to care for children of varying temperaments.	<i>Guidance &amp; Behavior Management</i>
11 a.m. – Noon	<b><u>A Circle of Support for Social Emotional Development</u></b> Explore how to work with parents to support children's social emotional needs.	<i>Partnerships with Parents</i>

# Classroom Instruction Classes

For more class information and/or registration call Sanford Children's CHILD Services of Aberdeen (605) 226-5675 or (800) 982-6404. Child care is not provided.



## CPR and First Aid – Classes for caregivers for all ages and all settings.

- CPR and First Aid classes are held quarterly at Aberdeen CHILD Services
- Course renewal is every 2 years

### CPR Policy:

CPR payment must be received within 48 hours of the CPR class. If payment has not been received 48 hours in advance, you will be notified that your class reservation is no longer valid. This class reservation will be given to the first participant that secures this reservation with a payment.

### CPR and First Aid Class Refund Policy:

CPR or First Aid class cancellation is required 24 hours prior to class, otherwise payment will be forfeited and is non-transferable.

## CPR and First Aid

Classes for caregivers for all ages and all settings.

**CPR and First Aid Certified eCard:** In order to receive your CPR and First Aid certified card, you will need to provide an email at time of registration.

Date/Time	Class Title (O) – Qualify for required orientation training topics	Fee	Location	Licensing/Pathways
Saturday, April 7 9 a.m. – 12:30 p.m.	<b>Adult/Child and Infant Certified CPR (O)</b> This course is designed for a person who is expected to know and be able to provide CPR in their workplace	\$20	Eagle Butte	Program Health & Safety
Thursday, June 7 6:30 – 7:30 p.m.	<b>Basic First Aid for Child Care Providers</b> Participants will gain knowledge related to common childhood accidents and injuries and will receive instruction that will enable caregivers to perform first aid.	\$5	Online	Program Health & Safety
Saturday, June 9 8:30 a.m. – Noon	<b>Adult/Child and Infant Certified CPR (O)</b> This course is designed for a person who is expected to know and be able to provide CPR in their workplace	\$20	Aberdeen	Program Health & Safety
Saturday, June 9 1 – 3:30 p.m.	<b>First Aid-Certified Heartsaver Pediatric First Aid Course (O)</b> 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.	\$5	Aberdeen	Program Health & Safety

## CDA Classes

These classes count for CDA training hours and/or State of South Dakota Child Care Licensing and Pathways requirements.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Thursday, April 5 6:30 – 9 p.m.	<b>What is Developmentally Appropriate Practice?</b> We will explore NAEYC's concept of DAP, the early childhood educator's role in DAP settings & gain knowledge that will enhance the early educator's ability to implement developmentally appropriate activities with children birth - 5 years of age.	Credit for Basic Class: \$0	Aberdeen	Age Appropriate Planning
Thursday, April 12 6:30 – 9 p.m.	<b>Respectful Care: Meeting Developmental &amp; Cultural Need</b> Participants will explore the concepts of inclusion and cultural responsiveness in early childhood programs and learn ways to meet the individual needs of young children and their families.	Credit for CDA Class: Part of Tuition Fee	Aberdeen	Age Appropriate Planning
Thursday, April 19 6:30 – 9 p.m.	<b>Scheduling, Routines, and Transitions</b> We will discuss the importance of schedules, routines & transitions; the implementation of schedules for different age groups; & techniques for successful transitions.		Aberdeen	Child Growth & Development
Thursday, April 26 6:30 – 9 p.m.	<b>Regulations, Policies, and Record Keeping</b> Information will be given on child care regulations, policies, and recordkeeping requirements.		Aberdeen	Child Growth & Development

Check out our newsletter online • [www.sanfordhealth.org/CHILDservices](http://www.sanfordhealth.org/CHILDservices)

# “When do I need to renew my CDA?”

A CDA Credential is valid for three years from the date of award; each Credential issued after June 1, 2013 will need to be renewed every three years.

Please remember, it is your responsibility to keep track of when you need to renew your CDA. Sanford Children’s CHILD Services does not maintain renewal dates and will not be notifying you when your expiration is drawing near.

Go to [www.cdacouncil.org](http://www.cdacouncil.org) and find out more about renewing your certification.

## e-Learning Online Opportunities

We know life can be busy...  
So we are bringing learning right to you.



### Credit Card payments are now accepted

For more class information and/or registration call Sanford Children’s CHILD Services of Aberdeen (605) 226-5675 or (800) 982-6404.

### Live engaging online classes via the internet.

Requirements:

- Computer with internet connectivity
- Adobe Flash Player 10.1 or higher  
Free Flash Player – download at [www.adobe.com](http://www.adobe.com)
- Due to technical incompatibility, do not use smart phones to access online classes

### e-Learning Online Class Policy:

- Class registration is closed 48 hours prior to scheduled class start time.
- Monday class registration is closed 5 p.m. on the Thursday prior to the class.
- Online classes are \$5 per class hour.
- Class registration is secured once payment is received.
- Class participants are emailed the class link the day before class.
- **Class credit:** Credit is given once all class requirements are completed:
  - Log into class within 5 minutes of the class start time.
  - Demonstrate attendance by participating in class polls and chats.
  - Complete 3 learning statements at the end of class.
- Refunds: No cash refunds are given for online classes. Credit will be given towards another online class if cancellation is received 24 hours prior to class.

## General Classes Classes for caregivers for all ages and all settings.

Date/Time	Class Title (O) – Qualify for required orientation training topics	Fee	Location	Licensing/Pathways
Tuesday, April 24 6:30 – 7:30 p.m.	<b>Food Handling Techniques</b> Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	\$5	Online	<i>Food Handling Techniques</i>
Tuesday, April 24 7:30 – 8:30 p.m.	<b>Ditch the Drama</b> Explore problem solving techniques to prevent gossip, power struggles, and conflict between fellow staff and supervisors.	\$5	Online	<i>Interpersonal Communication &amp; Relationships</i>
Tuesday, May 1 6:30 – 7:30 p.m.	<b>Emergency Preparedness (O)</b> Be prepared for emergencies in your child care program. Learn how to develop a plan for emergency situations.	\$5	Online	<i>Program Health &amp; Safety</i>
Tuesday, May 1 7:30 – 8:30 p.m.	<b>Including Children with Diverse Abilities</b> Explore ways adults can help children develop a sense of belonging and connecting with each other, including those with disabilities.	\$5	Online	<i>Inclusion of all Children</i>
Tuesday, June 12 6:30 – 7:30 p.m.	<b>A Circle of Support for Social Emotional Development</b> Explore how to work with parents to support children’s social emotional needs.	\$5	Online	<i>Partnerships with Parents</i>
Monday, June 18 7:30 – 8:30 p.m.	<b>Medication Administration</b> Learn why, when and how to safely give medication in child care.	\$5	Online	<i>Program Health &amp; Safety</i>
Monday, June 18 6:30 – 7:30 p.m.	<b>Communicable Diseases</b> What is a communicable disease? How do you prevent its transmission? Learn how germs are transmitted and how to keep children healthy.	\$5	Online	<i>Identification &amp; Prevention of Communicable Diseases</i>

**fitCare Classes**  
Classes for caregivers for all ages and all settings.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Thursday, April 12 6:30 – 8:30 p.m.	<b>Think Your FOOD</b> Food habits start early in life. Learn how to teach children about making healthy food choices.		Online	<i>Nutrition for Children</i>
Tuesday, May 8 6:30 – 8:30 p.m.	<b>Be fit...RECHARGE Your Energy</b> Learn about what it means to be <i>fit</i> as well as ways to ensure children get their rest and relaxation so they have the energy to make healthy choices.	\$0	Online	<i>Program Health &amp; Safety</i>
Tuesday, May 15 6:30 – 8:30 p.m.	<b>Motivate Your MOOD</b> Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.		Online	<i>Guidance &amp; Behavior Management</i>
Tuesday, May 22 6:30 – 8:30 p.m.	<b>Think Your FOOD</b> Food habits start early in life. Learn how to teach children about making healthy food choices.		Online	<i>Nutrition for Children</i>
Tuesday, May 29 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.		Online	<i>Child Growth &amp; Development</i>
Thursday, June 21 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Online	<i>Child Growth &amp; Development</i>



### fitCare Technical Assistance

Help combat childhood obesity by teaching the children in your care skills to make healthy lifestyle choices. Receive tools and tips to teach children how to increase physical activity, make healthy food choices and manage their feelings.

*\*Taking a FOOD or MOVE class is required to participate*

**fitCare Classes**  
Classes for caregivers for all ages and all settings.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Tuesday, April 3 7:30 – 9:30 p.m.	<b>*Building Relationships with Families</b> You know how important the relationship you have with parents can be. Learn to better support families in your program and gain insight on working through challenging situations with families.	\$5	Online	<i>Partnerships with Parents</i>
Tuesday, April 17 7:30 – 9:30 p.m.	<b>*Tools of Business Communication: Contracts and Policies</b> Gain an understanding of running a successful business as well as an awareness of the importance of and how to utilize effective contracts and policies to help your business run more smoothly.	\$5	Online	<i>Program Management &amp; Regulations</i>
Tuesday, May 1 7:30 – 9:30 p.m.	<b>*Sensible Record Keeping</b> Explore keeping good records and working with income and budgets and acquire helpful tips for basic record-keeping and tax preparation.	\$5	Online	<i>Program Management &amp; Regulations</i>
Tuesday, May 15 7:30 – 9:30 p.m.	<b>*Stay Healthy and Safe: Play More!</b> Discuss toys safety, proper cleaning techniques, food and car seat safety and your role in understanding child abuse and neglect. Keeping everyone healthy and safe means more time for playing.	\$5	Online	<i>Program Health &amp; Safety</i>
Tuesday, June 5 7:30 – 9:30 p.m.	<b>*Under One Roof</b> Environment, a daily schedule and learning centers can positively affect one's program. Gain awareness and ideas of effective ways to set up your child care environment, both indoors and out.	\$5	Online	<i>Learning Environments</i>
Tuesday, June 19 7:30 – 9:30 p.m.	<b>*You and Your Family</b> Finding a way to make time for your own children while running a child care program can be difficult. Explore various challenges such as sharing space, toys and a parent with other children, as well as other characteristics unique to this situation.	\$5	Online	<i>Child Growth &amp; Development</i>

### Infant/Toddler Classes

Classes with an emphasis on caring for children 6 weeks to 3 years old.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Wednesday, May 30 7:30 – 9:30 p.m.	<b>*Social Emotional Milestones/Temperament</b> Participants will learn ways to support the growing sense of self in young children and will be introduced to different temperament types.	\$5	Online	<i>Observing Children</i>
Thursday, June 7 7:30 – 9:30 p.m.	<b>Professionalism in Infant Care</b> Infant caregivers work with the most vulnerable of ages but often aren't perceived as early childhood professionals. Learn ways to promote yourself as a professional to parents, supervisors and coworkers.	\$5	Online	<i>Professionalism</i>
Wednesday, June 13 7:30 – 9:30 p.m.	<b>*Guidance &amp; Discipline/Understanding Children's Behavior</b> Participants will learn about age appropriate strategies in guiding the behavior of young children and gain knowledge on what behavior might mean.	\$5	Online	<i>Guidance &amp; Behavior Management</i>
Wednesday, June 27 7:30 – 9:30 p.m.	<b>*Respectful Care/Primary Caregiving</b> Participants will learn about providing quality group care of young children.	\$5	Online	<i>Interpersonal Communication &amp; Relationships</i>

### Preschool Classes

Classes with an emphasis on caring for children 3 to 5 years old.

Tuesday, April 3 6:30 – 8:30 p.m.	<b>Preschool Best Practices: Part 1</b> Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Explore the critical elements of best practice.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, April 10 6:30 – 8:30 p.m.	<b>Preschool Best Practices: Part 2</b> Best practice is known as strategies, activities, and approaches that are most effective in early childhood. Learn how to provide best practice environments for preschoolers.	\$5	Online	<i>Learning Environments</i>
Tuesday, April 17 6:30 – 8:30 p.m.	<b>Preschool Best Practices: Part 3</b> Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Learn about best practices to foster children's social-emotional development.	\$5	Online	<i>Child Growth &amp; Development</i>
Tuesday, April 24 6:30 – 8:30 p.m.	<b>Preschool Best Practices: Part 4</b> Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Learn about observation and assessment of children.	\$5	Online	<i>Observing Children</i>
Tuesday, June 12 7:30 – 8:30 p.m.	<b>Setting Goals for Professional Growth</b> Do you think about where you want to go in the early childhood profession? Learn how goal-setting can get you on a path to success in the field.	\$5	Online	<i>Professionalism</i>

### Out of School Time Classes

Classes with an emphasis on caring for school age children.

Monday, April 2 7:30 – 9 p.m.	<b>*Behavior Management &amp; Guidance</b> Using positive guidance techniques and establishing a program environment that promotes positive behavior.	\$5	Online	<i>Professionalism</i>
Thursday, April 5 6:30 – 8 p.m.	<b>Professionals in Out-of-School Time</b> Learn what it means to be a professional in an out-of-school time program.	\$5	Online	<i>Guidance &amp; Behavior Management</i>
Monday, April 9 7:30 – 9 p.m.	<b>*Social &amp; Cultural Awareness</b> Promoting social development and cultural awareness in OST programs.	\$5	Online	<i>Cultural Diversity</i>
Monday, April 16 7:30 – 9 p.m.	<b>*Program Health &amp; Safety</b> Promoting practices that keep school-age children safe and healthy.	\$5	Online	<i>Program Health &amp; Safety</i>
Monday, April 23 7:30 – 9 p.m.	<b>*Children with Special Needs</b> Promoting inclusive care for children in Out-of-School time programs.	\$5	Online	<i>Inclusion of all Children</i>
Monday, April 30 7:30 – 9 p.m.	<b>*Program Management &amp; Professionalism</b> Understanding and promoting effective program management skills and continual professional growth.	\$5	Online	<i>Professionalism</i>
Monday, May 7 7:30 – 9 p.m.	<b>*Families, Communities, and Schools</b> Developing positive interactive partnerships with families, schools and the community	\$5	Online	<i>Partnerships with Parents</i>

## Pathways to Professional Development Series *(Formerly Supplemental Training Series)*

- Three courses conveniently offered online. *(Open enrollment allowed for all three courses of the series.)*
- Earn eleven college credits: Complete your CDA and take all four courses of the Pathways to Professional Development Series to receive college credit when you enroll in participating South Dakota colleges and universities.

### Meeting Children's Basic Needs

Monday, June 4 7:30 – 10 p.m.	<b>Providing a Safe &amp; Healthy Environment</b> Early childhood health and safety standards and applications.	\$10	Online	Program Health & Safety
Monday, June 11 7:30 – 10 p.m.	<b>Providing for Children's Nutritional Needs</b> Professional and personal use of USDA SuperTracker resources, childcare nutritional standards & responsibilities.			Inclusion of all Children

### How Children Learn and Grow

Monday, June 18 7:30 – 10 p.m.	<b>Theories of Child Development: Prenatal, Birth, &amp; Early Brain Development</b> Overview of the latest research in early brain development and its impact and applications for ECE professionals.	\$25	Online	Child Growth & Development
Monday, June 25 7:30 – 10 p.m.	<b>Theories of Child Development: Dewey &amp; Montessori</b> Overview of research methods and the history of theories of child development; the theories of Dewey & Montessori.			Child Growth & Development

### Director/Manager/Supervisor Classes

Classes with an emphasis on managing the business of child care and staff supervision.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Monday, April 23 7:30 – 9 p.m.	<b>Managing Money</b> Learn about tools to help your child care program monitor and track income and expenses. Explore budgets, cash flow projections, balance sheets, profit and loss statements, and more.	\$5	Online	Program Management & Regulations
Monday, May 14 7:30 – 9 p.m.	<b>Family Engagement</b> Family engagement is essential to a high quality child care program. Explore ways to help your program involve families and community volunteers.	\$5	Online	Program Management & Regulations
Monday, June 18 7:30 – 9 p.m.	<b>Managing vs. Leadership</b> Learn how management assures that the program and objectives of the organization are implemented. Build leadership skills to cast vision and motivate others.	\$5	Online	Program Management & Regulations

## Have you hired new staff recently?

After July 1, 2017 all new hires have 90 days to complete orientation training. South Dakota state-specific orientation training can be accessed through this website: <http://www.sdstate.edu/frn>  
**Click on Orientation to Child Care then South Dakota Orientation Training On-Demand.**

## ECE Class Policy

To ensure accurate class registration, individuals must call to register for classes.

### e-Learning Online Classes

In order 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 3 learning statements at the end of the class.

### Classroom Classes

1. Class participants arriving later than 10 minutes past the class start time will not be given credit for class attendance.
2. CHILD Services strives to provide a positive learning environment for all participants. If a class participant disrupts the positive learning environment, the participant risks not being given credit for the class.
3. CHILD Services respects the attention needs of young children and the learning needs of class participants. In order to maintain an appropriate learning environment for all class attendees, children are not allowed to attend classes with a class participant.



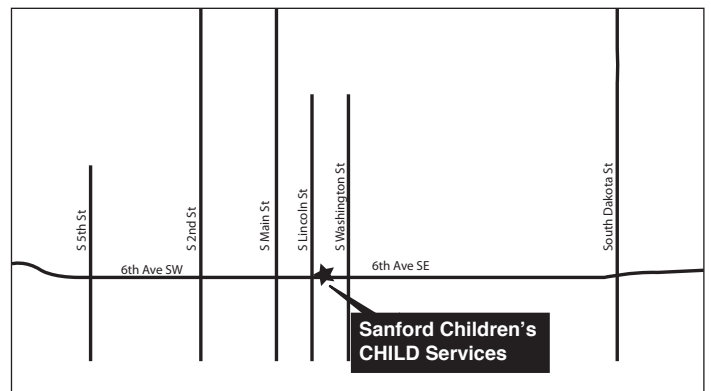
# SANFORD Children's

Sanford  
CHILD Services  
110 6th Ave SE, Suite 100  
Aberdeen, SD 57401

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
SANFORD



Office Location: 110 6th Ave SE Suite 100



Classes are held at Sanford Children's  
CHILD Services office.

