



Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | January, February, March 2017

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Children's

How Does That Make You Feel?

Understanding and learning how to manage feelings is important for young children to learn. Caregivers play a powerful role in helping young children understand their feelings in order to identify what they are experiencing. Once a child is able to identify his feelings, it is important to support the child's emotional development by helping him express his feelings in productive ways. One way of doing that is to let the child know what his body language is telling others. Conversation starters can help a child become aware of his body language.

- A general comment could be, "It seems like something is bothering you, what does it feel like to you?"
- To the hesitant child one might say, "Does this seem scary to you? Are you feeling shy?"
- To the enthusiastic child try a comment such as, "It seems like you really like what you are doing; are you happy?"

Books are a useful tool to talk about feelings with children. Some suggestions to help children better describe what is going on inside are:

- "The Way I Feel" by Janan Cain
- "What Are You So Grumpy About?" by Tom Lichtenheld

Caregivers can help young children learn new skills in expressing their feelings. Helping a child use her words gives her a good way to work through her feelings. Moreover, recalling a loving moment is one of the fastest ways to regain self-control after a stressful event. Teaching children to take deep breaths, and then think about how good it feels to be with someone they love can help them gain control of themselves. Very young children may need help in learning how to take deep breaths. Help children develop the skill of "blowing" deep breaths with party-blowers (the birthday toy that uncoils as you blow in it). Another suggestion is to read the child a book that helps her recall what makes her feel loved, such as "How Many Kisses Do You Want Tonight?"

Important Note: CHILD Services has a new phone number (605) 226-5675
Our toll-free number is the same (800) 982-6404

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A Friendly Reminder Regarding Online Orientation:

Are you planning to access the South Dakota Orientation to Child Care on-demand training series through the D2L learning platform at <http://www.sdstate.edu/teaching-learning-and-leadership/family-resource-network/south-dakota-orientation-training-demand>? Please remember this important step: WRITE DOWN THE TEMPORARY PASSWORD (it is case sensitive).

This password will not be emailed to you, so you need to write it down exactly as shown. If you miss this step, you will not be able to access your account.

If you experience an error, try again. Remember that the password is case sensitive. If you try unsuccessfully 3 times, you may be locked out of your account. If this happens, wait 30 minutes, and try again.

Sanford CHILD Services Saturday Spectacular: Orientation Series

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

When: Saturday, January 28, 9 a.m. – 3:30 p.m.; Sign-in begins at 8:30 a.m.

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

Register: Call (605) 226-5675 or 1-800-982-6404 Call early; space is limited.

Providers must register for the conference; individual class registration is not available.

Date/Time	Class Title	Licensing/Pathways
9 a.m. - Noon	Prevention and Control of Infectious Diseases	Identification & Prevention of Communicable Diseases
	Safe Sleep Practices and Reducing the Risk of SIDS	Program Health & Safety
	Administration of Medications in Child Care	Program Health & Safety
	Preventing and Responding to Food Emergencies and Allergic Reactions	Nutrition for Children
	Providing a Safe Environment in Child Care	Program Health & Safety
Noon – 12:30 p.m.	Lunch	
12:30 – 3 p.m.	Prevention of Shaken Baby Syndrome and Abusive Head Trauma	Program Health & Safety
	Emergency Preparedness and Response Planning for Child Care Programs	Program Health & Safety
	Safe Handling & Storage of Hazardous Materials in Child Care	Program Health & Safety
	Appropriate Precautions in Transporting Children	Program Health & Safety
3 – 3:30 p.m.	Wrap Up and Door Prizes	

Sanford CHILD Services Saturday Spectacular: Babies & Toddlers

A one day event with classes for infant and toddler caregivers in all settings. We'll cover information specific to the growth and development of infants and toddlers.

When: Saturday, March 4, 9 a.m. - Noon; Sign- in begins at 8:30 a.m.

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

Register: Call (605)-226-5675 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.	With Fingers and Toes Fine Motor Grows Learn what you can do to promote fine motor skills such as grasping, pinching and squeezing.	Child Growth & Development
10 – 11 a.m.	People Aren't Chew Toys Learn why children bite and techniques for handling biting situations in your classroom.	Guidance & Behavior Management
11 am – Noon	Learning Spaces for Infants & Toddlers Learn to arrange your space to provide developmentally appropriate activities for infants and toddlers.	Learning Environments

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.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Saturday, February 18 8:30 a.m. – 12:30 p.m.	Adult/Child and Infant CPR 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, February 18 1 – 3 p.m.	First Aid-Certified Heartsaver Pediatric First Aid Course 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

GET STARTED! Earn Your Child Development Associate (CDA) Credential CDA class sessions are every Thursday beginning January 5th from 6:30 – 9 p.m.

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, January 5 6:30 – 9 p.m.	Teachable Moments Recognize when a child displays a behavior that can be used as a learning tool. Learn techniques to capitalize on these moments.	Credit for Basic Class: \$0 Credit for CDA Class: Part of Tuition Fee	Aberdeen	Age Appropriate Activities
Thursday, January 12 6:30 – 9 p.m.	Literacy Development Information about the domains of early literacy learning and the CELL Early Literacy Learning Model, which includes creating a literacy rich environment and discovering children's interests.		Aberdeen	Child Growth & Development
Thursday, January 19 6:30 – 9 p.m.	Creativity and the Whole Child Participants will examine what process oriented art really means and how to provide a wide range of creative materials and experiences to let children explore and pursue their own ideas throughout the classroom and curriculum.		Aberdeen	Child Growth & Development
Thursday, January 26 6:30 – 9 p.m.	Activities to Encourage Physical Development Gain an understanding about the development of motor skills of young children and ways to assist them in developing their skills.		Aberdeen	Age Appropriate Activities
Thursday, February 2 6:30 – 9 p.m.	The Value of Play The importance of age-appropriate play experiences, and an educator's role as a "facilitator of learning" and styles of play.		Aberdeen	Age Appropriate Activities
Thursday, February 9 6:30 – 9 p.m.	Understanding Temperament This class will examine the nine temperament traits to help participants understand temperament and assist them in working with the child rather than trying to change the child's inborn traits.		Aberdeen	Child Growth & Development

Thursday, February 16 6:30 – 9 p.m.	How Children Learn: Multiple Intelligence Theory Explore Howard Gardner's Multiple Intelligence theory through activities that will help you identify your own strengths and to recognize that we do not all learn information in the same way.	Aberdeen	<i>Child Growth & Development</i>
Thursday, February 23 6:30 – 9 p.m.	Observing Young Children: Learning to Look, Looking to Learn Review the purpose and value of conducting observations of children in early childhood settings. Examine how personal perspectives and learning styles influence observation skills.	Aberdeen	<i>Observing Children</i>
Thursday, March 2 6:30 – 9 p.m.	Organizing and Managing Your Child Observation This class will explore techniques and strategies to organize and manage observations to assist in group and individual planning in the early care setting.	Aberdeen	<i>Observing Children</i>
Thursday, March 9 6:30 – 9 p.m.	Defining Self Participants will look at typical social emotional development and the development of self-esteem in young children.	Aberdeen	<i>Guidance & Behavior Management</i>
Thursday, March 16 6:30 – 9 p.m.	Roots of Socialization Participants will be introduced to the roots of socialization and gain understanding of their own 'hot spots' that can affect their reaction to young children's behaviors.	Aberdeen	<i>Guidance & Behavior Management</i>
Thursday, March 23 6:30 – 9 p.m.	Understanding Children's Behavior This class focuses on recognizing and understanding individual and development issues underlying the emotional messages and behavior of children to help providers to respond appropriately.	Aberdeen	<i>Guidance & Behavior Management</i>
Thursday, March 30 6:30 – 9 p.m.	Providing Positive Guidance Participants will explore strategies to meet the needs of individual children through positive discipline. A variety of techniques will be discussed that include teaching more appropriate behavior, giving choices and supporting children in their new behavior.	Aberdeen	<i>Guidance & Behavior Management</i>

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: January 9, 2017 • 5:30 – 7:30 p.m. – Pre-register before Monday, January 2, 2017

Location: Sanford Children's CHILD Services

Cost: Free

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
- 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	Fee	Location	Licensing/Pathways
Saturday, January 28 9 – 10 a.m.	Communicable Diseases (O) What is a communicable disease? How do you prevent its transmission? Learn how germs are transmitted and how to keep children healthy.	\$5	Online	Identification & Prevention of Communicable Diseases
Saturday, January 28 10 – 11 a.m.	Developmentally Appropriate Practice Explore planning methods that use program resources, materials, space, and personnel to appropriately promote children's development.	\$5	Online	Program Management & Regulations
Tuesday, February 14 6:30 – 7:30 p.m.	Emergency Preparedness (O) Be prepared for emergencies in your child care program. Learn how to develop a plan for emergency situations.	\$5	Online	Program Health & Safety

Family Child Care Provider Classes
Classes specific to care provided in a family day care setting.

Tuesday, February 7 7:30 – 9:30 p.m.	*What is Family Child Care? Understand best practice in child care, program promotion and professionalism.	\$5	Online	Professionalism
Tuesday, February 21 7:30 – 9:30 p.m.	*What Do Children Need? Multi-age group characteristics and how to meet children at their individual developmental level.	\$5	Online	Age Appropriate Activities
Tuesday, March 7 7:30 – 9:30 p.m.	*Understanding Challenging Behaviors Understanding challenging behaviors helps the provider understand what is behind children's behaviors so they are able to better find solutions for appropriate guidance. The training will also assist providers in gaining an understanding of temperaments.	\$5	Online	Guidance & Behavior Management
Tuesday, March 21 7:30 – 9:30 p.m.	*Belonging Inclusion is an important aspect of any child care program; learn how to make your program a welcoming place for all. Gain tips on easy toy adaptations to help include and welcome all children.	\$5	Online	Inclusion of All Children

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

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Wednesday, January 11 6:30 – 8:30 p.m.	Be fit ... RECHARGE Your Energy 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	Program Health & Safety Learning Environments
Wednesday, January 18 6:30 – 8:30 p.m.	Motivate Your MOOD Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.		Online	Guidance & Behavior Management Age Appropriate Activities
Wednesday, January 25 6:30 – 8:30 p.m.	Think Your FOOD Food habits start early in life. Learn how to teach children about making healthy food choices.		Online	Nutrition for Children Learning Environments
Wednesday, February 1 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.		Online	Child Growth & Development Age Appropriate Activities
Tuesday, March 14 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.		Online	Child Growth & Development Age Appropriate Activities

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

Thursday, January 12 7:30 – 8:30 p.m.	Watch Me Grow, Help Me Learn Children tell us what they need through their behaviors and words. Learn to watch and respond to what children are telling you.	\$5	Online	Observing Children
Tuesday, February 14 7:30 – 8:30 p.m.	Period of PURPLE Crying (O) The Period of PURPLE Crying is a way to help parents and providers understand this time in a baby's life, which is a normal part of every infant's development.	\$5	Online	Child Abuse & Neglect

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

Thursday, March 9 6:30 – 8:30 p.m.	Preschool Best Practice: Part 1 Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Explore the critical elements of best practice.	\$10	Online	<i>Age Appropriate Activities</i>
Thursday, March 16 6:30 – 8:30 p.m.	Preschool Best Practice: Part 2 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.	\$10	Online	<i>Learning Environments</i>
Thursday, March 23 6:30 – 8:30 p.m.	Preschool Best Practice: Part 3 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.	\$10	Online	<i>Child Growth & Development</i>
Thursday, March 30 6:30 – 8:30 p.m.	Preschool Best Practice: Part 4 Best Practice is known as strategies, activities, and approaches that are most effective in early childhood. Learn about observation and assessment of children.	\$10	Online	<i>Observing Children</i>

Out of School Time Classes
Classes with an emphasis on caring for school age children.

Monday, January 16 6:30 – 8 p.m.	The Struggle is Real: Planning for All Age Groups K-5 Meeting the needs of children K-5 can be a challenge, learn ways to keep all children actively engaged in your program.	\$5	Online	<i>Age Appropriate Activities</i>
Monday, January 16 6:30 – 8 p.m.	*Child Growth & Development Fostering the growth and development of children through appropriate environments, activities, and interactions.	\$5	Online	<i>Child Growth & Development</i>
Monday, January 23 6:30 – 8 p.m.	*Activity Planning Creating enrichment activities that promote exploration and meet the needs of school-age children.	\$5	Online	<i>Age Appropriate Activities</i>
Monday, January 30 6:30 – 8 p.m.	*Learning Environments Creating a developmentally appropriate program environment.	\$5	Online	<i>Learning Environments</i>
Monday, February 6 6:30 – 8 p.m.	*Communication & Relationships Developing and maintaining positive relationships through the use of effective communication.	\$5	Online	<i>Partnerships with Parents</i>
Monday, February 13 6:30 – 8 p.m.	*Behavior Management & Guidance Using positive guidance techniques and establishing a program environment that promotes positive behavior.	\$5	Online	<i>Guidance & Behavior Management</i>
Monday, February 20 6:30 – 8 p.m.	*Social and Cultural Awareness Promoting social development and cultural awareness in OST programs.	\$5	Online	<i>Cultural Diversity</i>
Monday, February 27 6:30 – 8 p.m.	*Health and Safety Promoting practices that keep school-age children safe and healthy.	\$5	Online	<i>Program Health & Safety</i>
Wednesday, March 2 7 – 8:30 p.m.	The Changing Faces of South Dakota Understand the expectations and beliefs of yourself and others and learn ways to become culturally sensitive to different child-rearing practices.	\$5	Online	<i>Cultural Diversity</i>
Monday, March 6 6:30 – 8 p.m.	*Children with Special Needs Promoting inclusive care for children in out-of-school time programs.	\$5	Online	<i>Inclusion of All Children</i>
Monday, March 13 6:30 – 8 p.m.	*Program Management and Professionalism Understanding and promoting effective program management skills and continual professional growth.	\$5	Online	<i>Professionalism</i>
Monday, March 20 6:30 – 8 p.m.	*Families, Communities, and Schools Developing positive interactive partnerships with families, schools and the community.	\$5	Online	<i>Partnerships with Parents</i>

Check out our newsletter online • www.sanfordhealth.org/CHILDServices.

Extended Learning Opportunities

Take any of the classes in this section and add on the option to have CHILD Services staff come to your work site and assist you in putting your learning into your daily work with children.



Class Title	Fee	Location	Licensing/Pathways
fitCare Series See page 4 for class dates, times and more information. Complete a fitCare self-assessment, determine a goal and receive technical assistance with individual coaching to help develop an action plan to reach your goal.	See page 4	Online	Various Categories

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

- Three courses conveniently offered online.
Open enrollment allowed for each course of the series.
Registration per class is not available. Participants must register for all classes that are part of a course.
- Out-of-class time work required for course credit.
- Complete your CDA and take all three courses of the Pathways to Professional Development Series to receive college credit when you enroll in participating South Dakota colleges and universities.
Earn up to twelve college credits (credits allowed depend on participating South Dakota college or university policy).

Meeting Children's Basic Needs (SDCDA 300)

Monday, January 9 7:30 – 10 p.m.	Providing a Safe & Healthy Environment Early childhood health and safety standards and applications.	\$10	Online	Program Health & Safety
Monday, January 16 7:30 – 10 p.m.	Providing for Children's Nutritional Needs Professional and personal use of USDA SuperTracker resources, childcare nutritional standards & responsibilities.		Online	Nutrition for Children

How Children Learn and Grow (SDCDA 310)

Monday, January 23 7:30 – 10 p.m.	Theories of Child Development: Prenatal, Birth & Early Brain Development Overview of the latest research in early brain development and its impact and applications for ECE professionals.	\$25	Online	Child Growth & Development
Monday, January 30 7:30 – 10 p.m.	Theories of Child Development: Dewey & Montessori Overview of research methods and the history of theories of child development; the theories of Dewey & Montessori.		Online	Child Growth & Development
Monday, February 6 7:30 – 10 p.m.	Theories of Child Development: Erikson, Bronfenbrenner & Bandura Developmental theories of Erikson, Bronfenbrenner & Bandura; ongoing critical thinking and comparison of various theories.		Online	Child Growth & Development
Monday, February 13 7:30 – 10 p.m.	Theories of Child Development: Piaget & Vygotsky Developmental theories of Piaget & Vygotsky; professional and personal implications of Gardner's theories of multiple intelligences.		Online	Child Growth & Development
Monday, February 20 7:30 – 10 p.m.	Growth and Development of School-Age Children Overview of school age children's growth and development.		Online	Child Growth & Development

You the Professional (SDCDA 320)

Monday, February 27 7:30 – 10 p.m.	Exploring Adult Learning Styles Influencing factors and theories of adult learning; individual learning styles.	\$10	Online	Interpersonal Communication & Relationships
Monday, March 6 7:30 – 10 p.m.	Best Practice: Program Administration and Leadership An overview of staff supervision and development strategies, basic fiscal management skills, and 'best practice' program administration policies and procedures.		Online	Program Management & Regulations

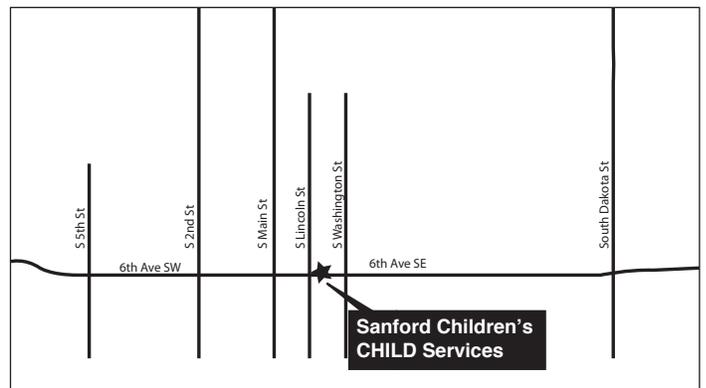
SANFORD Children's

Sanford
CHILD Services
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Aberdeen, SD 57401

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Office Location: 110 6th Ave SE Suite 100



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

