



Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | January, February, March 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.

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Family Engagement

Research has shown that parental involvement in their child's child care and education is a predictor of a child's future academic success and social development. Encouraging parental involvement in a child care program is one measure of a child care program's quality. Engaging families strengthens relationships between caregivers and parents, which in turn benefits the child.

The first step to engaging families is communication. It's important to remember there isn't only one best way to communicate with families. One family may like emails; another may prefer daily sheets about today's happenings. Use various types of communication to meet various parental preferences. It's vital to keep the lines of communication open; there can't be a true partnership without it. Exchanging information with parents helps you understand their child better and, in turn, gives parents insight into what's happening in their child's day while attending child care.

Make parents feel welcome to visit at any time. An open door policy helps build trust. To promote parental visits ask yourself these questions:

- Do you invite parents to visit during the day? Do parents know this is an option?
- Do you have comfortable furniture for parents to sit on while visiting?
- Is there a space to have a conversation?

It is common for parents to have questions and to look to their child care provider for answers to their parenting questions. Helping parents find answers to their questions can involve giving them resources or offering to host parent classes for them to attend. Remember to develop yourself professionally as well, so you have the most up-to-date information to share.

For parents who may want to be more involved in their child's child care day, provide them with volunteer opportunities. Volunteering get parents involved in their child's care. Provide times for parents to:

- Read a book to the children
- Talk about their work
- Join in craft activities

Want help engaging parents in your program? Call Sanford Children's CHILD Services for assistance; we're happy to help you find ways to involve parents in your child care program.

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Sanford CHILD Services January Saturday Spectacular

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

When: Saturday, January 20, 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.	Snack Time Learn about why providing healthy snacks matters and how to adhere to healthy snacking guidelines.	<i>Nutrition for Children</i>
10 – 11 a.m.	Child Abuse and Neglect Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.	<i>Child Abuse & Neglect</i>
11 a.m. – Noon	Basic First Aid for Child Care Providers Participants will gain knowledge related to common childhood accidents and injuries and will receive instructions that will enable caregivers to preform first aid.	<i>Program Health & Safety</i>

Shake off the winter blahs and get FIT! Join us for a FREE full-day fitCare mini-conference

Call (605) 226-5675 by Monday, February 19th to pre-register; space is limited.

- Saturday, February 24 • 9 a.m. – Noon & 1 – 4 p.m. (Registration begins at 8:30 a.m.)
- Sanford Aberdeen Medical Center
- **Be fit ... RECHARGE Your Energy**
Learn about what it means to be fit as well as ways to ensure children get their rest and relaxation so they have the energy to make healthy choices. (*Program Health & Safety, Learning Environments*)
- **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. (*Guidance & Behavior Management, Age Appropriate Activities*)
- **Think Your FOOD**
Food habits start early in life. Learn how to teach children about making healthy food choices. (*Nutrition for Children, Learning Environments*)
- **MOVE Your Body**
Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day. (*Child Growth & Development, Age Appropriate Activities*)

Sanford CHILD Services March Infant/Toddler Saturday Spectacular

A one-day event with classes for caregivers of infants and toddlers.

When: Saturday, March 10, 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.	Taming The Tantrums Explore why tantrums happen, what triggers them, how to prevent them and what to do if they happen.	<i>Guidance & Behavior Management</i>
10 – 11 a.m.	Period of PURPLE Crying The Period of PURPLE Crying is a way to help parents and providers understand this time a baby's life, which is a normal part of every infant's development.	<i>Child Abuse & Neglect</i>
11 a.m. – Noon	Separation Anxiety of Parents Learn tips to help parents deal with leaving their young children in child care.	<i>Partnerships with Parents</i>

New CDA class sessions begin January 8, 2018!

Register by December 15 To register, submit a completed registration form and \$95 registration fee to CHILDServices.

Registration form: Call or download from: sanfordhealth.org/CHILDServices/CommunityPartners/EarlyChildhood/ChildDevelopmentAssociate

CDA Eligibility Class Enrollment Requirements

Personal:

- Be 18 years of age or older
- Hold a high school diploma or equivalent
- Be able to speak, read and write well enough to fulfill the responsibilities of a CDA candidate
- Sign a statement of ethical conduct

Experience:

- Have 480 hours of experience working with children within the last 3 years

Observation Setting:

- Able to be observed working in one of the following child care settings:
 - o Center-based infant/toddler (birth to age 3)
 - o Center-based preschool (3 to 5 year olds)
 - o Family day care (birth through age 5)

Classroom Instruction Classes

For more class information and/or registration call Sanford Children's CHILDServices 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 CHILDServices
- 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 (O) – Qualify for required orientation training topics	Fee	Location	Licensing/Pathways
Saturday, February 10 8:30 a.m. - Noon	Adult/Child and Infant Certified CPR (O) 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 10 1 - 3:30 p.m.	First Aid-Certified Heartsaver Pediatric First Aid Course (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.	\$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, January 4 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	Aberdeen	Age Appropriate Planning
Thursday, January 11 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	Age Appropriate Planning
Thursday, January 18 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.	Credit for CDA Class: Part of Tuition Fee	Aberdeen	Child Growth & Development
Thursday, January 25 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	Child Growth & Development

Thursday, February 1 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.	Credit for Basic Class: \$0	Aberdeen	Child Growth & Development
Thursday, February 8 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 15 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	Child Growth & Development
Thursday, February 22 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	Observing Children
Thursday, March 1 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	Observing Children
Thursday, March 8 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	Guidance & Behavior Management
Thursday, March 15 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	Guidance & Behavior Management
Thursday, March 22 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	Guidance & Behavior Management
Thursday, March 29 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.	Credit for CDA Class: Part of Tuition Fee	Aberdeen	Guidance & Behavior Management

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

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Wednesday, January 10 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 17 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 Planning
Wednesday, January 24 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, January 31 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 Planning
Tuesday, February 13 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	\$0	Online	Child Growth & Development Age Appropriate Planning
fitCare Technical Assistance	Taking a FOOD or MOVE class is required to participate 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.	Licensing Credit Available		Categories determined based on Action Plan

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 (O) – Qualify for required orientation training topics	Fee	Location	Licensing/Pathways
Tuesday, January 9 6:30 – 7:30 p.m.	Being a Mandated Reporter (O) Learn what it means to be a mandated reporter and how to stress the importance of this role with staff.	\$5	Online	<i>Child Abuse & Neglect</i>
Tuesday, January 9 7:30 – 8:30 p.m.	Food Handling Techniques 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, January 23 7 – 8 p.m.	Guiding Children's Behavior Caregivers guide children's behaviors every day. Learn strategies to help children learn to be in charge of and responsible for their own behaviors.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, February 15 7 – 8 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	<i>Program Health & Safety</i>
Thursday, March 22 6:30 – 7:30 p.m.	Do Daily Schedules Matter? Daily schedules are an important part of your program, learn how to create a developmentally appropriate schedule which will make everyone's day go smoother.	\$5	Online	<i>Program Management & Regulations</i>
Thursday, March 22 7:30 – 8:30 p.m.	Medication Administration Learn why, when and how to safely give medication in child care.	\$5	Online	<i>Program Health & Safety</i>

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

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Tuesday, February 6 7:30 – 9:30 p.m.	What is Family Child Care? Understand best practice in child care, program promotion and professionalism.	\$5	Online	<i>Professionalism</i>
Tuesday, February 20 7:30 – 9 p.m.	What Do Children Need? Multi-age group characteristics and how to meet children at their individual developmental level.	\$5	Online	<i>Age Appropriate Planning</i>

Tuesday, March 6 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. This training will also assist providers in gaining an understanding of temperaments.	\$5	Online	<i>Guidance & Behavior Management</i>
Tuesday, March 20 7:30 – 9:30 p.m.	Belonging Inclusion is an important aspect of any child care program; learning 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	<i>Inclusion of All Children</i>

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

Date/Time	Class Title (O) – Qualify for required orientation training topics	Fee	Location	Licensing/Pathways
Thursday, February 8 6:30 – 7:30 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	<i>Child Abuse & Neglect</i>
Thursday, February 8 7:30 – 8:30 p.m.	Hellos and Goodbyes Learn ways to help both parents and children through these tough transition times.	\$5	Online	<i>Partnerships with Parents</i>
Thursday, February 15 8 – 9 p.m.	Child Care Essentials: Shaken Baby Syndrome (O) Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	\$5	Online	<i>Child Abuse & Neglect</i>

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

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Tuesday, January 23 8 – 9 p.m.	Balancing Parent Expectations Learn ways to work with parents to help them understand appropriate expectations of preschool aged children.	\$5	Online	<i>Partnerships with Parents</i>

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

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Monday, March 5 7:30 – 9:30 p.m.	Child Growth and Development Fostering the growth and development of children through appropriate environments, activities, and interactions.	\$5	Online	<i>Child Growth & Development</i>
Monday, March 12 7:30 – 9 p.m.	Activity Planning Creating enrichment activities that promote exploration and meet the needs of school-age children.	\$5	Online	<i>Age Appropriate Planning</i>
Monday, March 19 7:30 – 9 p.m.	Learning Environments Creating a developmentally appropriate program environment.	\$5	Online	<i>Learning Environments</i>
Monday, March 26 7:30 – 9 p.m.	Communication & Relationships Developing and maintaining positive relationships through the use of effective communication.	\$5	Online	<i>Interpersonal Communication and Relationships</i>

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

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, January 22 7:30 – 9 p.m.	Marketing Your Program Learn the difference between marketing & advertising. Creating a Marketing Plan and learn about the specific techniques to use to attract attention to your program.	\$5	Online	<i>Program Management & Regulations</i>
Monday, February 26 7:30 – 9 p.m.	Effective Staff Meetings Staff meetings are an important way to communicate with staff, address and solve issues, and implement new ideas, we will discuss tips and techniques to make staff meetings effective and fun!	\$5	Online	<i>Program Management & Regulations</i>
Thursday, March 8 6:30 – 7:30 p.m.	Building a Policy; Physical activity Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on physical activity.	\$5	Online	<i>Professionalism</i>
Monday, March 26 7:30 – 9 p.m.	Staff Development & Training Plans Examine the role of training plans in the child care setting and explore ways to develop and implement effective staff development.	\$5	Online	<i>Program Management & Regulations</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, January 8 7:30 – 10 p.m.	Providing a Safe & Healthy Environment Early childhood health and safety standards and applications.	\$10	Online	<i>Program Health & Safety</i>
Monday, January 15 7:30 – 10 p.m.	Providing for Children's Nutritional Needs Professional and personal use of USDA SuperTracker resources, childcare nutritional standards & responsibilities.			<i>Nutrition for Children</i>

How Children Learn and Grow

Monday, January 22 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	<i>Child Growth & Development</i>
Monday, January 29 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.			<i>Child Growth & Development</i>
Monday, February 5 7:30 – 10 p.m.	Theories of Child Development: Erikson, Bronfenbrenner, & Bandura Developmental theories of Erikson, Bronfenbrenner & Bandura; overview of the theories and research of Freud & Kohlberg.			<i>Child Growth & Development</i>
Monday, February 12 7:30 – 10 p.m.	Theories of Child Development: Piaget & Vygotsky Developmental theories Piaget, Vygotsky; professional and personal implications of Gardner's theories of multiple intelligences			<i>Child Growth & Development</i>
Monday, February 19 7:30 – 10 p.m.	Growth and Development of School-age Children Overview of school age children's growth and development			<i>Child Growth & Development</i>

You The Professional

Monday, February 26 7:30 – 10 p.m.	Exploring Adult Learning Styles Influencing factors and theories of adult learning; individual learning styles.	\$10	Online	<i>Interpersonal Communication & Relationships</i>
Monday, March 5 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.			<i>Program Management & Regulations</i>

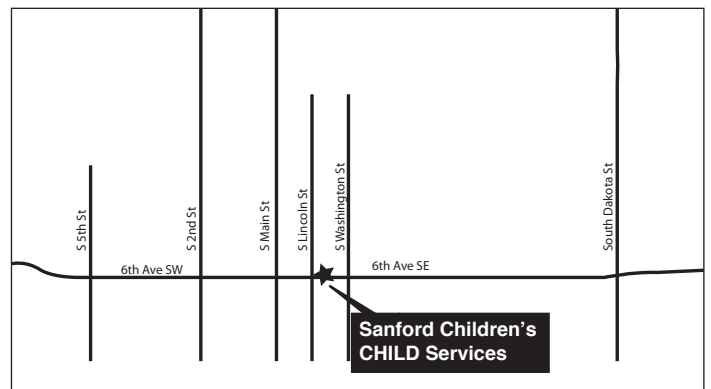
SANFORD Children's

Sanford
CHILD Services
110 6th Ave SE, Suite 100
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.

