



# Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | July, August, September 2017

## Staff

ECE Region 3 Coordinator:  
Rhonda Swanson

CDA Specialist:  
Heather Fettig

Early Childhood Enrichment  
Training Staff:  
Rhonda Swanson  
Heather Fettig  
Carrie Weisenburger

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

## CDA – The Best First Step

What exactly is CDA?  
Why should I get my CDA Credential?

CDA stands for Child Development Associate. CDA is a nationally recognized credential for people working with young children ages 0-5 in different types of settings – infant/toddler, preschool, Head Start and family child care. The National CDA vision is “to ensure that all professional early childhood educators and caregivers meet the developmental, emotional, and educational needs of our nation’s youngest children.”

Obtaining your CDA involves:

1. Completing 120 hours of specialized training in 8 subject areas (through online or classroom settings)
2. Putting together a Professional Portfolio (written Statements of Competence and Resource Collection Items)
3. Distributing Family Questionnaires

After the above three steps are completed, the next step is submitting an application to the National CDA Council. Once your application is approved, there is a Verification Visit (review of the portfolio, observation and reflective dialogue) and a CDA Exam.

There are many benefits in obtaining a CDA Credential:

- Your CDA credential is recognized nationwide and goes wherever you go.
- In South Dakota, several colleges allow CDA hours to count for designated college credit hours.
- Obtaining new knowledge and skills in the early childhood field benefits you and the children you care for.
- Having a CDA enhances your employment opportunities; some early childhood positions require the employee to have a CDA.

Are you ready to grow in your role as an early childhood professional?

For more information about obtaining a CDA:

- Email [childservices.aberdeen@sanfordhealth.org](mailto:childservices.aberdeen@sanfordhealth.org)
- Call (605) 226-5675 or 1-800-982-6404
- Attend the CDA Informational Meeting on Thursday, August 31st

## Inside This Issue . . . . .

Join Our New Book Club!	CPR and First Aid	Saturday Spectacular	e-Learning Online Classes	Statewide Vision Screening
Page 2	Page 3	Page 4	Page 5	Page 6

# Join Our New Book Club!

Do you need a little adult time? Do you enjoy reading? If so, we want you to join Sanford CHILD Services at a new training opportunity... our first ever Book Club! Our first book focuses on identifying and managing stress.

Receive an hour of licensing credit:

- Join us within 5 minutes of the start of the meeting
- Participate in discussion and demonstrate knowledge of the book
- Complete a quick survey with 3 learning statements

1. Register with our office by September 8th.

2. We'll provide you with a copy of the selected book.

- Book Title: "I Can't Take It Anymore: How To Manage Stress So It Doesn't Manage You"
- Author: Paul G. Longobardi
- Licensing/Pathways Category: Professionalism

3. Join us the evening of the Book Club discussion.

- When: Monday, September 25
- Time: 6:30 – 7:30 p.m.
- Location: Sanford Aberdeen Medical Center Conference Room

Having the chance to hash over what you've learned makes it easier to also apply this great information into your life. Come prepared to share and listen as you please. We hope to see you there!



## CDA Informational Meeting

Thursday, August 31st  
6:30 – 9 p.m.

Attend this meeting to learn more information about the Child Development Associate program. Class requirements, fees, scholarship opportunities will be discussed.

Call (605) 226-5675 or 1-800-982-6404 to register.

### GET STARTED! Earn Your Child Development Associate (CDA) Credential

CDA class sessions are every Thursday beginning August 31st from 6:30 – 9 p.m.

#### Step 1: Enroll in classes

What are the CDA eligibility class enrollment requirements?

<p><u>Personal:</u></p> <ul style="list-style-type: none"><li>• Be 18 years of age or older</li><li>• Hold a high school diploma or equivalent</li><li>• Be able to speak, read and write well enough to fulfill the responsibilities of a CDA candidate</li><li>• Sign a statement of ethical conduct</li></ul> <p><u>Experience:</u></p> <ul style="list-style-type: none"><li>• Have 480 hours of experience working with children within the last 3 years</li></ul>	<p><u>Observation Setting:</u></p> <ul style="list-style-type: none"><li>• Able to be observed working in one of the following child care settings</li><li>• Center-based infant/toddler (birth to age 3)</li><li>• Center-based preschool (3 to 5 year olds)</li><li>• Family day care (birth through age 5)</li><li>• Home visitor</li></ul>
---	--

# 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, August 26 8:30 a.m. – 12:30 p.m.	<b>Adult/Child and Infant CPR</b> This course is designed for a person who is expected to know and be able to provide CPR in their workplace	\$20	Aberdeen	<i>Program Health &amp; Safety</i>
Saturday, August 26 1:00 – 3:30 p.m.	<b>First Aid-Certified Heartsaver Pediatric First Aid Course</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	<i>Program Health &amp; Safety</i>

## 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, August 31 6:30 – 9 p.m.	<b>Introduction to CDA</b> This class will cover an overview of the CDA program requirements and responsibilities.	Credit for Basic Class: \$0 Credit for CDA Class: Part of Tuition Fee	Aberdeen	<i>Professionalism</i>
Thursday, September 7 6:30 – 9 p.m.	<b>Defining Professionalism: An Introduction to Ethics</b> This class will help you understand what it takes to be a professional in the field of early childhood.		Aberdeen	<i>Professionalism</i>
Thursday, September 14 6:30 – 9 p.m.	<b>Applying Professional Ethics with Children and Families</b> This class will help you understand ethical practices in serving children and families, and what steps are needed to make an ethical decision.		Aberdeen	<i>Partnerships with Parents</i>
Thursday, September 21 6:30 – 9 p.m.	<b>Getting Along in the Workplace; Ethical Responsibilities to Colleagues</b> This class covers the stages of professional development, as well as ethical practices and strategies needed when working with other early childhood professionals.		Aberdeen	<i>Interpersonal Communication &amp; Relationships</i>
Thursday, September 28 6:30 – 9 p.m.	<b>Applying Professional Ethics: Ethical Responsibilities to Community &amp; Society</b> This class discusses early childhood education professional associations, as well as effective advocate strategies to enable you to become a champion for children.		Aberdeen	<i>Professionalism</i>

# Sanford CHILD Services Saturday Spectacular: Preschool

A one day event with classes for preschool caregivers in all settings. We'll cover information specific to the growth and development of children 3-5 years of age.

**When:** Saturday, July 22nd, 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.	<b>Stretching Story Time</b> Gain ideas on how to promote literacy development of young children in the child care setting.	<i>Age Appropriate Activities</i>
10 – 11 a.m.	<b>The Power of Choice in Free Play</b> Learn how to prepare children for lifelong decision-making by providing choices during free play.	<i>Child Growth &amp; Development</i>
11 am – Noon	<b>I've Tried Everything</b> Explore various verbal and non-verbal techniques to help children listen better.	<i>Guidance &amp; Behavior Management</i>

# Sanford CHILD Services Saturday Spectacular

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

**When:** Saturday, September 23rd, 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.

6 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>Child Abuse and Neglect</b> 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 &amp; Neglect</i>
10 – 11 a.m.	<b>Understanding Children, Solving the Puzzle</b> Encourage children's emotional development. Learn about children's challenging behaviors and how to provide appropriate, positive guidance.	<i>Child Growth &amp; Development</i>
11 a.m. – Noon	<b>D.I.S.C.I.P.L.I.N.E.</b> Tips and tools to teach children positive behaviors and diminish negative behaviors in the child care environment.	<i>Guidance &amp; Behavior Management</i>
Noon – 12:30 p.m.	<b>Lunch On-Site</b> Bring your own brown bag lunch, or some vending machine items are available for purchase.	
12:30 – 1:30 p.m.	<b>Winning the War on Head Lice</b> Learn how to identify, treat, & prevent head lice.	<i>Identification &amp; Prevention of Communicable Diseases</i>
1:30 – 2:30 p.m.	<b>Observing the Small and Wonderful</b> Learn how to recognize when learning occurs and see things from the child's perspective.	<i>Child Growth &amp; Development</i>
2:30 – 3:30 p.m.	<b>Nutrition and Physical Fitness for Providers</b> Learn how eating healthy foods and being physically fit factor into a person's overall health and wellbeing.	<i>Program Health &amp; Safety</i>

# 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	Fee	Location	Licensing/Pathways
Thursday, July 27 7:30 – 8:30 p.m.	<b>Positive Feedback for Providers</b> Explore tips to provide open and honest communication to reduce conflict with other staff and co-workers.	\$5	Online	<i>Interpersonal Communication &amp; Relationships</i>
Thursday, August 10 6:30 – 7:30 p.m.	<b>Food Handling Techniques</b> In order to keep the children we serve healthy, there are certain precautions that need to be taken during food preparation and storage, and in feeding infants. This class will cover how you can keep everyone safe from food related illness.	\$5	Online	<i>Food Handling Techniques</i>
Thursday, August 10 7:30 – 8:30 p.m.	<b>Communicating with Parents</b> Communication is key to developing positive relationships between parents and providers. Learn ways to effectively communicate with parents.	\$5	Online	<i>Partnerships with Parents</i>
Tuesday, September 26 6:30 – 7:30 p.m.	<b>There is No "I" in Team</b> Explore cooperation, communication, expressing feelings, appreciating diversity, and conflict resolution of school-age children.	\$5	Online	<i>Interpersonal Communication &amp; Relationships</i>
Tuesday, September 26 7:30 – 8:30 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>
Thursday, September 28 6:30 – 7:30 p.m.	<b>Child Abuse and Neglect</b> Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.	\$5	Online	<i>Child Abuse &amp; Neglect</i>

## Social Emotional Class Series

Classes for caregivers of all ages of children. Ideas and insight to positive guidance and behavior management techniques.

Tuesday, August 15 6:30 – 7:30 p.m.	<b>Social Emotional Essentials: Resiliency</b> Explore how to support children as they face difficulties when things do not go their way and learn the determination to try again.	\$5	Online	<i>Child Growth &amp; Development</i>
--	---	-----	--------	---------------------------------------

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

## Infant/Toddler Classes

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

Wednesday, July 12 7:30 – 9:30 p.m.	<b>*Environments for Group Care/More Than Just Routine</b> Participants will learn ways to set up an environment for young children and discover what young children are learning during daily routines.	\$5	Online	<i>Learning Environments</i>
Wednesday, July 26 7:30 – 9:30 p.m.	<b>*Brain Development/Discoveries of Infancy</b> Participants will learn that young children are born ready to learn; how they learn and what they can do to support their learning.	\$5	Online	<i>Child Growth &amp; Development</i>
Thursday, July 27 6:30 – 7:30 p.m.	<b>Shaken Baby Syndrome (O)</b> Never shake a baby! We've all heard it, but it is still occurring. This class will discuss the symptoms and outcomes of shaken baby syndrome and what we can do to help prevent it from happening.	\$5	Online	<i>Child Abuse &amp; Neglect</i>
Wednesday, August 9 7:30 – 9:30 p.m.	<b>*Language Development/Special Needs</b> Participants will learn how young children communicate and benefits of including children with unique needs.	\$5	Online	<i>Inclusion of all Children</i>
Wednesday, August 23 7:30 – 9:30 p.m.	<b>*Harmonizing Cultural Diversity/Acknowledge, Ask and Adapt</b> Participants will learn what culture means when caring for young children and how to communicate with families to resolve concerns.	\$5	Online	<i>Cultural Diversity</i>
Wednesday, September 6 7:30 – 9:30 p.m.	<b>*Protective Urges/Responding to Families</b> Participants will learn ways to work with families when both have strong feelings concerning caring for young children.	\$5	Online	<i>Partnerships with Parents</i>

## Preschool Classes

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

Tuesday, August 15 7:30 – 8:30 p.m.	<b>Inclusion Works</b> Learn ways to include all children in your preschool setting.	\$5	Online	<i>Inclusion of All Children</i>
Tuesday, September 12 7:30 – 9 p.m.	<b>Music Play: Planning Activity Areas</b> Provide easy and fun music activities to use with children. Inspired by the Early Learning Guidelines.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, September 19 7:30 – 9 p.m.	<b>Block Play: Planning Activity Areas</b> Discover how block play assists children in developing various skills. Inspired by South Dakota Early Learning Guidelines.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, September 26 7:30 – 9 p.m.	<b>Health and Physical Development: Planning Activity Areas</b> Discover strategies and activities that encourage effective physical play and nutrition. Inspired by the SD Early Learning Guidelines.	\$5	Online	<i>Age Appropriate Activities</i>

## Statewide Vision Screening

Lion KIDSIGHT South Dakota is a free statewide vision screening provided to children ages 12 months and up.

Contact KIDSIGHT to set up a free vision screening at your day care or preschool.

(605) 338-0551 or (800) 735-4667

## 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:

July 10, 2017 • 5:30 – 7:30 p.m.

- Pre-register before Monday, July 3, 2017

**Location:** Sanford Children's CHILDServices

**Cost:** Free

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

## 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, June 5 7:30 – 10 p.m.	<b>Providing a Safe &amp; Healthy Environment</b> Early childhood health and safety standards and applications.	\$10	Online	<i>Program Health &amp; Safety</i>
Monday, June 12 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.		Online	<i>Nutrition for Children</i>

### How Children Learn and Grow (SDCDA 310)

Monday, June 19 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	<i>Child Growth &amp; Development</i>
Monday, June 26 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.		Online	<i>Child Growth &amp; Development</i>
Monday, July 10 7:30 – 10 p.m.	<b>Theories of Child Development: Erikson, Bronfenbrenner &amp; Bandura</b> Developmental theories of Erikson, Bronfenbrenner & Bandura; ongoing critical thinking and comparison of various theories.		Online	<i>Child Growth &amp; Development</i>
Monday, July 17 7:30 – 10 p.m.	<b>Theories of Child Development: Piaget &amp; Vygotsky</b> Developmental theories of Piaget & Vygotsky; professional and personal implications of Gardner's theories of multiple intelligences.		Online	<i>Child Growth &amp; Development</i>
Monday, July 24 7:30 – 10 p.m.	<b>Growth and Development of School-Age Children</b> Overview of school age children's growth and development.		Online	<i>Child Growth &amp; Development</i>

### You the Professional (SDCDA 320)

Monday, July 31 7:30 – 10 p.m.	<b>Exploring Adult Learning Styles</b> Influencing factors and theories of adult learning; individual learning styles.	\$10	Online	<i>Interpersonal Communication &amp; Relationships</i>
Monday, August 7 7:30 – 10 p.m.	<b>Best Practice: Program Administration and Leadership</b> An overview of staff supervision and development strategies, basic fiscal management skills, and 'best practice' program administration policies and procedures.		Online	<i>Program Management &amp; Regulations</i>

## Want a little help with:

- Planning activities for children
- Managing children's behaviors
- Setting up children's play areas

Sanford Children's CHILD Services staff are available to come to you and answer questions and provide suggestions regarding your daily work with children.

For more information call Sanford Children's CHILD Services (605) 226-5675.



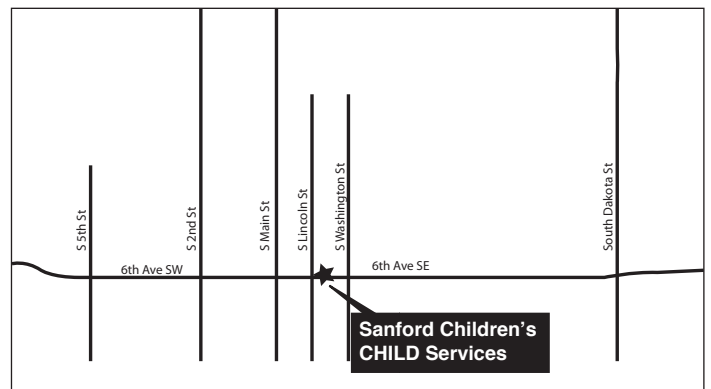
# SANFORD Children's

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.

