



Sanford Children's CHILD SERVICES OF ABERDEEN

Region 3 Newsletter | October, November, December 2017

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Children's

The Value of Play

Do you ever hear parents say, "The kids are just playing, when is their learning time?" This is a great opportunity to educate them on just how important play is to young children. Zero to Three calls play "how children test their ideas and learn new skills." So much is learned through play, its value is immeasurable.

More learning happens when children are engaged in what interests them, they are excited to explore and experiment. Play gives children opportunities to try out their ideas, to problem solve. If their ideas don't work, it's a chance to think through the "why not" and try something new. Encourage their curiosity, that's a trait that will benefit them throughout their lives.

Research shows that children learn more through hands-on experiences than they do with worksheets and flashcards. Think how one-dimensional worksheets really are, whereas hands on play can engage all 5 senses. We tend to focus on academics and forget the "work" that needs to happen at younger ages. When you see a baby tracking a rattle with her eyes as you pass it in front of her face, she is actually practicing a pre-reading skill. Toddlers love to tear paper; instead of thinking of it as a mess, focus on what skills are being developed. Strengthening those fingers builds fine motor coordination, which will be needed for writing and cutting with scissors.

Here are just a few examples of what children are learning as they play with different materials:

- Blocks – Problem solving, math, science, creativity, communication, cooperation
- House play – Imagination, communication, role playing, creativity, literacy, negotiation
- Puzzles – Putting parts together to make a whole, problem solving, persistence, trial and error, fine motor coordination
- Playdough – creativity, fine motor skills, sensory exploration, turn taking, communication

What is your role in play? Oftentimes we want to teach when we really should be following the child's lead and engaging with them as they play.

- Ask open ended questions that can further their learning – "Why do you think your tower fell down?" or "How will we all fit on your bus?"
- Give them time to figure things out; resist the temptation to fix things. We often learn more through failure than we do success.
- Be careful not to quiz or bombard them with questions. No one wants to feel like they're taking a test while playing.

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When considering your daily schedule with the children, think long and hard about the amount of time you give children to truly play. Avoid an overly structured day and develop a schedule that allows for lots of play and imagination. This gift is what you have to offer and through that you will be improving the quality of care and learning that occurs in your setting.

Source: *Zero to Three*; www.zerotothree.org/early-learning/play

Want help on how to incorporate more play into your daily routine? Need new activity ideas?

Call (605) 226-5675 or email Childservices.Aberdeen@sanfordhealth.org

**FREE!
Pumpkin Patch for Kids**

Children 10 years and under can enjoy the fall tradition of picking their own pumpkin, along with other activities including pumpkin painting, barrel train rides, and face painting. Join Sanford CHILD Services at story time; children will be able to choose a free book!

Sunday, October 1

- Centennial Village, Brown County Fairgrounds
- Noon – 3 p.m. (or until pumpkins are gone)

**Sanford Children's
Toy Lending Library**
Children learn and grow through play.

Why Join?

- Access to a variety of developmentally appropriate and educational toys for infants, toddlers and preschoolers.
- Opportunity to provide an assortment of toys to promote various skill developments.
- Availability for you to have new and different toys for children to enhance their play experience.
- Convenience of trying out a toy to see if children enjoy the toy before purchasing.
- Ability to provide a cost effective way to keep your toy selection new and interesting for children.

For more information, call (605) 226-5675 or email Childservices.Aberdeen@sanfordhealth.org

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:

October 2, 2017 • 5:30 – 7:30 p.m.

- Pre-register before Monday, September 25, 2017

Location: Sanford Children's CHILD Services

Cost: Free

**Sanford CHILD Services Saturday Spectacular:
Family Child Care**

A one-day event with classes for family childcare providers.

We'll cover information specific to caring for mixed-age groups in your family child care home.

When: Saturday, November 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.	Mix It Up! Mixed Ages in Family Child Care Varying ages in your family child care group can be wonderful but it can also come with challenges. Learn strategies for yourself and your environment that support development in multi-age groups.	<i>Child Growth & Development</i>
10 – 11 a.m.	Promoting Yourself as A Professional What does it take to be viewed as a professional? Learn strategies to promote yourself as a professional.	<i>Professionalism</i>
11:00 a.m. - Noon	Setting Boundaries with Parents Boundaries can be blurred when you run your business out of your home; learn ways to keep parent relationships friendly but professional.	<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.

Date/Time	Class Title	Fee	Location	Licensing/Pathways
Saturday, October 14 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 the workplace.	\$20	Aberdeen	Program Health & Safety
Saturday, October 14 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 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, October 5 6:30 – 9 p.m.	Promoting Healthy Habits: Nutrition and Infectious Disease Learn the basics of infection control and identification of childhood illnesses, how to provide nutritionally sound meals and snacks, as well as how to promote life-long healthy habits for children.	Credit for Basic Class: \$0 Credit for CDA Class: Part of Tuition Fee	Aberdeen	Nutrition for Children
Thursday, October 12 6:30 – 9 p.m.	Creating Environments for Learning Learn to create an environment where children are valued and feel safe to explore a variety of developmentally appropriate learning areas that promote positive behaviors.		Aberdeen	Learning Environments
Thursday, October 19 6:30 – 9 p.m.	Safe Environments This class covers common hazards of childhood, emergency procedures, and adult responsibilities to keep children safe in your childcare environment.		Aberdeen	Program Health & Safety
Thursday, October 26 6:30 – 9 p.m.	Child Abuse & Neglect This class covers how to recognize potential abuse, procedures for reporting child abuse or neglect, and how to support an abused child.		Aberdeen	Child Abuse & Neglect
Thursday, November 2 6:30 – 9 p.m.	Understanding Parent/Provider Perspectives This class will examine feelings and expectations that caregivers and parents have when developing a partnership in care.		Aberdeen	Partnerships with Parents
Thursday, November 9 6:30 – 9 p.m.	Ways to Communicate with Families We will explore communication barriers & plan strategies for open communication between caregivers & parents.		Aberdeen	Partnerships with Parents
Thursday, November 16 6:30 – 9 p.m.	Family Involvement We will evaluate the benefits of family involvement & explore strategies that will most effectively promote their child's learning.		Aberdeen	Partnerships with Parents
Thursday, November 30 6:30 – 9 p.m.	Working with Challenging Issues Participants will explore "challenging" issues that arise when working with families in the child care setting & develop strategies to effectively work as a team on these issues.		Aberdeen	Interpersonal Communication & Relationships

Thursday, December 7 6:30 – 9 p.m.	Early Brain Development Participants will gain an understanding of brain development and ways to help young children acquire healthy brain growth.	Aberdeen	<i>Child Growth & Development</i>
Thursday, December 14 6:30 – 9 p.m.	Milestones of Infant and Toddler Development Participants will learn about the significant points of infant and toddler development and ways to support their growth.	Aberdeen	<i>Child Growth & Development</i>
Thursday, December 21 6:30 – 9 p.m.	Milestones of Preschool Development Participants will learn about the significant points in a preschooler's development and ways to assist them in their growth.	Aberdeen	<i>Child Growth & Development</i>

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.



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
Tuesday, October 24 6:30 – 7:30 p.m.	Developmentally Appropriate Practice Explore planning methods that use program resources, materials, space, and personnel to appropriately promote children's development.	\$5	Online	<i>Program Management & Regulations</i>
Tuesday, November 28 7:30 – 8:30 p.m.	Temperament is for Team Players Learn how understanding your own temperament and co-worker's individual temperaments can benefit teamwork in the workplace.	\$5	Online	<i>Interpersonal Communication & Relationships</i>
Tuesday, December 5 7:30 – 8:30 p.m.	What Was I Thinking? Learn how to think through your goals and develop a plan for your personal and professional growth.	\$5	Online	<i>Professionalism</i>

Social Emotional Classes

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

Wednesday, October 18 7:30 – 8:30 p.m.	Can We Talk? When dealing with challenging issues, communication with parents is vital. Learn how to have these sensitive conversations with parents effectively and professionally.	\$5	Online	<i>Partnerships with Parents</i>
Tuesday, November 28 6:30 – 7:30 p.m.	A Space to Be Me Explore how the child care environment affects children's social and emotional development.	\$5	Online	<i>Learning Environments</i>

Infant/Toddler Classes

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

Tuesday, October 24 7:30 – 8:30 p.m.	Child Care Essentials: Shaken Baby Syndrome 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>
Tuesday, December 5 6:30 – 7:30 p.m.	Explore and Play Throughout the Day with Infants and Toddlers Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	\$5	Online	<i>Learning Environments</i>
Thursday, October 5 6:30 – 7:30 p.m.	Infant/Toddler Best Practices Part 1 Learn about the critical elements of best practices in infant/toddler care.	\$5	Online	<i>Age Appropriate Activities</i>
Thursday, October 5 7:30 – 8:30 p.m.	Infant/Toddler Best Practices Part 2 Learn about best practices to foster the social-emotional development of infants and toddlers.	\$5	Online	<i>Child Growth & Development</i>
Thursday, October 12 6:30 – 7:30 p.m.	Infant/Toddler Best Practices Part 3 Learn how routines play a part in providing best practices in infant/toddler care.	\$5	Online	<i>Age Appropriate Activities</i>
Thursday, October 12 7:30 – 8:30 p.m.	Infant/Toddler Best Practices Part 4 Learn how to provide best practice environments for infants and toddlers.	\$5	Online	<i>Learning Environments</i>

Preschool Classes

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

Wednesday, October 18 6:30 – 7:30 p.m.	Enhancing the World of the Future - Preschool Cognitive Development Many advancements are made during the preschool years; learn how to enhance cognitive development.	\$5	Online	<i>Child Growth & Development</i>
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Preschool-Focused Learning Series. Inspired by South Dakota Early Learning Guidelines.

Tuesday, October 3 7:30 – 9 p.m.	Creative Arts: Planning Activity Areas Explore materials and art techniques that allow children to represent their thoughts and ideas.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, October 10 7:30 – 9 p.m.	Sand and Water Play: Planning Activity Areas Discover ideas for designing educational experiences for children using sand and water.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, October 17 7:30 – 9 p.m.	Math Play: Planning Activity Areas Learn the many activities that help children develop math skills and what items you need in your program to give children a strong support.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, October 24 7:30 – 9 p.m.	Language and Literacy: Planning Activity Areas Discover ideas and strategies to lead children to become successful readers and writers.	\$5	Online	<i>Age Appropriate Activities</i>
Tuesday, November 7 7:30 – 9 p.m.	Dramatic Play: Planning Activity Areas Help the children in your care use their imagination and cooperation skills as they pretend, take on new roles, and learn about themselves, their family, and society.	\$5	Online	<i>Observing Children</i>
Tuesday, November 14 7:30 – 9 p.m.	Social Studies: Planning Activity Areas Explore various ways to make social studies meaningful to children.	\$5	Online	<i>Learning Environments</i>
Tuesday, November 21 7:30 – 9 p.m.	Social Emotional Skills: Planning Activity Areas Discover strategies to assist children in learning about and managing their emotions during daily routines and play.	\$5	Online	<i>Guidance & Behavior Management</i>

Out of School Time Classes

Classes with an emphasis on caring for school age children.

Monday, October 2 7:30 – 9 p.m.	Communications & Relationships Developing and maintaining positive relationships through the use of effective communication.	\$5	Online	<i>Interpersonal Communication & Relationships</i>
Thursday, October 5 7:30 – 9 p.m.	OST as a Family Service: Relationship Building Staff who are successful in building positive relationships with parents begin by recognizing the importance of accepting parents as the most important people in children’s lives, regardless of differences among them.	\$5	Online	<i>Partnerships with Parents</i>
Monday, October 16 7:30 – 9 p.m.	Behavior Management and Guidance Using positive guidance techniques and establishing a program environment that promotes positive behavior.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, October 19 7:30 – 9 p.m.	OST as a Family Service: Planning Opportunities for Family Involvement We will explore ideas and tools for keeping parents informed, soliciting feedback, providing opportunities to connect and get involved, and how to sustain your relationship with parents.	\$5	Online	<i>Partnerships with Parents</i>
Monday, October 23 7:30 – 9 p.m.	Social and Cultural Awareness Promoting social development and cultural awareness in OST programs.	\$5	Online	<i>Cultural Diversity</i>
Monday, October 30 7:30 – 9 p.m.	Health & Safety Promoting practices that keep school-age children safe and healthy.	\$5	Online	<i>Program Health & Safety</i>
Thursday, November 2 7:30 – 9 p.m.	Building Relationships with School Personnel Over 50% of all OST programs are housed in school facilities. It is essential for staff to establish and maintain a positive relationship with school personnel. We will look at creating a collaborative approach to sharing the use of school facilities, and building relationships with teachers to support children’s learning.	\$5	Online	<i>Professionalism</i>
Monday, November 6 7:30 – 9 p.m.	Children with Special Needs Promoting inclusive care for children in OST programs.	\$5	Online	<i>Inclusion of All Children</i>
Monday, November 13 7:30 – 9 p.m.	Program Management & Professionalism Understanding and promoting effective program management skills and continual professional growth.	\$5	Online	<i>Program Management</i> <i>Professionalism</i>
Tuesday, November 14 6:30 – 8 p.m.	Engaging Families in Afterschool Programs Parents are so busy; it can be hard to get them involved in your OST program. Learn ways to increase family engagement which helps build positive relationships.	\$5	Online	<i>Partnerships with Parents</i>
Thursday, November 16 7:30 – 9 p.m.	Growing as a Professional in OST Programs We will identify qualities and characteristics associated with professional behavior in the OST field, and review the importance of acting as a public policy advocate on behalf of school-age children and their families.	\$5	Online	<i>Professionalism</i>
Monday, November 20 7:30 – 9 p.m.	Families, Communities, And Schools Developing positive interactive partnership with families, schools, and the community.	\$5	Online	<i>Partnerships with Parents</i>

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

fitCare Classes

Classes for caregivers for all ages and all settings.

Wednesday, October 11 6:30 – 8:30 p.m.	<u>MOVE Your Body</u> 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 & Development</i> <i>Age Appropriate Activities</i>
Thursday, November 2 6:30 – 8:30 p.m.	<u>Be fit...RECHARGE Your Energy</u> 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.		Online	<i>Program Health & Safety</i> <i>Learning Environments</i>
Thursday, November 9 6:30 – 8:30 p.m.	<u>Motivate Your MOOD</u> 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 & Behavior Management</i> <i>Age Appropriate Activities</i>
Thursday, November 16 6:30 – 8:30 p.m.	<u>Think Your FOOD</u> Food habits start early in life. Learn how to teach children about making healthy food choices.		Online	<i>Nutrition for Children</i> <i>Learning Environments</i>
Thursday, November 30 6:30 – 8:30 p.m.	<u>MOVE Your Body</u> 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 & Development</i> <i>Age Appropriate Activities</i>

Director/Manager/Supervisor Classes

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

Monday, October 23 7:30 – 9:30 p.m.	<u>Recruiting and Hiring Staff</u> How do you find the right job candidates? A well balanced team needs a good mixture of individuals to cover the demands of the center and it is important to get them off to a good start. We will explore guidelines & tips for a successful orientation process and learn about resources to help with recruitment.	\$5	Online	<i>Program Management & Regulations</i>
Monday, November 20 7:30 – 9:30 p.m.	<u>Retaining Quality Staff</u> What is the value of employee retention? Learn how to motivate staff and build a sense of community in your child care program.	\$5	Online	<i>Program Management & Regulations</i>
Monday, December 18 7:30 – 9:30 p.m.	<u>Policies & Procedures</u> Learn how a handbook lays out rules and regulations to help the child care center run more smoothly.	\$5	Online	<i>Program Management & Regulations</i>

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
<u>fitCare Series</u> See listing above 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.	\$0	Online	<i>Various Categories</i>

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

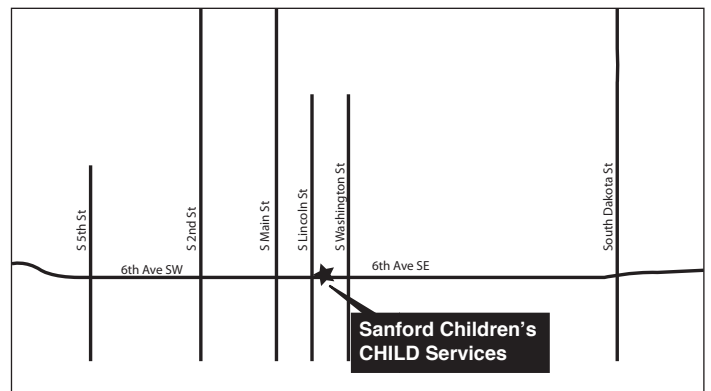
SANFORD Children's

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.

