

# CHILD SERVICES OF Sioux Falls

■ SEPTEMBER, OCTOBER,  
NOVEMBER & DECEMBER  
■ REGION FIVE

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## WHAT IS TEMPERAMENT?



Do you wonder why you initially react to people and situations like you do? Do you like a daily plan or do you just go with the flow? The answers to these questions are related to your temperament - a blend of nine inherited characteristic traits that affect the way you respond to people and situations that you encounter during your day.

We ALL have a temperament, including children. Temperament influences how a child expresses thoughts and feelings now and as he or she grows older. It is common for some children to have a blend of temperament traits that take extra patience, guidance and encouragement.

### Getting to know a child's temperament

Knowing about temperament provides helpful insight into a child's needs. For example:

- **Very active.** Highly active children are more prone to accidents.
- **Easily stressed.** A low adapt child is easily stressed by changes in the day, which is often communicated by crying or whimpering. If you care for a child that is low adapt, tantrums and verbal outbursts may be common. Understanding and guidance will help this child learn how to manage this inherited trait.
- **Sensitive.** A highly sensitive baby may fuss at a wet diaper; dislike tight clothing or seams on his or her socks.

### Know your temperament

Knowing your own temperament and the children's temperament helps you be aware of compatible or potentially incompatible characteristics that could affect your relationships. For example:

- **You go with the flow.** If you are highly adaptable, you may find it hard to relate to why little changes in the day cause a baby to cry or a toddler to throw tantrums.
- **Low energy levels.** If you have a lower activity level and the children in your care have a high activity level, their activity could wear you out and stretch your patience.
- **Reserved.** If you are reserved, you may be uncomfortable with an over friendly parent or child or one who will easily approach strangers.

Sometimes, as caregivers, we feel that a child is acting in a way that is meant to irritate us. Recognizing a child's temperament helps us better understand that the behavior is not intentional. There is no right or wrong temperament. Children are all uniquely made and require individual care. When you understand the reasoning behind a child's reactions to people, places and situations based on his or her temperament traits, it is easier to respond with support and reassurance.

*For more temperament information, see page 2 for 'Understanding Your Child's Temperament Traits'*

## Meet the Staff

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# Understanding Your Child's Temperament Traits



Temperament traits influence how we behave and react to people, places and situations

TEMPERAMENT TRAITS (all traits are on a scale with 2 extremes with lots of middle ground)	INFANT TRAITS (up to 12 months)	TODDLER TRAITS (1-3 years)	PRESCHOOLER TRAITS (3-5 years)	PARENTING TIP
<b>ACTIVITY LEVEL:</b> refers to how physically busy your child is 	<ul style="list-style-type: none"> <li>Arms and legs are always moving.</li> <li>Tries to stand in tub/splashes.</li> <li>Bounces in crib.</li> <li>Passive in bath.</li> <li>Plays quietly in crib and falls asleep.</li> </ul>	<ul style="list-style-type: none"> <li>Wants down from highchair or table often during meals.</li> <li>Always runs.</li> <li>Sits quietly on long car rides.</li> <li>Can sit and look at books for a long period of time.</li> </ul>	<ul style="list-style-type: none"> <li>Feels restless after being inactive for a while.</li> <li>Takes a long time to dress.</li> <li>Eats very slowly.</li> </ul>	<ul style="list-style-type: none"> <li>Allow time for physical activity and ensure your environment is safe for exploring.</li> <li>Allow extra time to finish tasks.</li> </ul>
<b>REGULARITY:</b> refers to how much your child needs a routine to be comfortable 	<ul style="list-style-type: none"> <li>Regular sleep cycle.</li> <li>Food intake is constant.</li> <li>Length of nap and food intake varies.</li> <li>Bowel movements are at different times of day or not every day.</li> </ul>	<ul style="list-style-type: none"> <li>Nap times are predictable.</li> <li>Hungry at the same time each day.</li> <li>Food intake varies and so does bowel movements.</li> </ul>	<ul style="list-style-type: none"> <li>Predictable periods of energy.</li> <li>Sleeps about the same amount each night.</li> <li>Unpredictable periods of energy.</li> <li>Sleep schedule is never the same.</li> </ul>	<ul style="list-style-type: none"> <li>Keep weekend and weekday schedules consistent if possible.</li> <li>Understand that not everyone may be hungry at the same time.</li> </ul>
<b>DISTRACTIBILITY:</b> refers to your child's tendency to be sidetracked by other things going on 	<ul style="list-style-type: none"> <li>Stops feeding and looks around when the phone rings.</li> <li>Stops crying only after dressing is finished.</li> <li>Cries until bottle is given.</li> </ul>	<ul style="list-style-type: none"> <li>Can be coaxed out of forbidden activity by being led into something else.</li> <li>Seems not to hear if involved in favorite activity.</li> <li>Cries for a long time when hurt.</li> </ul>	<ul style="list-style-type: none"> <li>Easily sidetracked even when engaged in a favorite activity.</li> <li>Can look at books while television set is at a high volume.</li> </ul>	<ul style="list-style-type: none"> <li>Be aware of distractions that may get in the way of routine times like feeding.</li> <li>You may need to gently touch or use other prompts to get your child's attention.</li> </ul>
<b>ADAPTABILITY:</b> refers to how long it takes your child to adjust to change over time 	<ul style="list-style-type: none"> <li>Accepts new foods with little reaction.</li> <li>Does not like to try new foods.</li> <li>Fusses and cries when left with new caretaker.</li> </ul>	<ul style="list-style-type: none"> <li>Easily adjusts to the difference between weekday and weekend schedule.</li> <li>Wants to eat the same foods each day.</li> </ul>	<ul style="list-style-type: none"> <li>Easily transitions from one activity to another.</li> <li>Becomes frustrated when plans change, regardless of the reason.</li> </ul>	<ul style="list-style-type: none"> <li>Create variation in daily routines to avoid boredom.</li> <li>Prepare your child for change. Give your child a heads up that a change is about to occur.</li> </ul>
<b>APPROACH/WITHDRAWAL:</b> refers to how your child initially responds to new things 	<ul style="list-style-type: none"> <li>Not scared of new people.</li> <li>Cries and whimpers at strangers.</li> </ul>	<ul style="list-style-type: none"> <li>Welcomes new activities and novel toys.</li> <li>Is cautious when trying a new activity or game. Might stand and watch before joining.</li> </ul>	<ul style="list-style-type: none"> <li>Doesn't mind a change in the schedule or meeting new people.</li> <li>Warms up slowly to new friends.</li> </ul>	<ul style="list-style-type: none"> <li>Balance the need to explore with the need for safe boundaries.</li> <li>Allow plenty of time to become comfortable with new activities and not be forceful.</li> </ul>
<b>PERSISTENCE:</b> refers to the length of time your child will spend on a task and your child's ability to stay with the task through frustrations 	<ul style="list-style-type: none"> <li>Persistently tries to get a toy that is out of reach. Does not give up easily.</li> <li>Sucks pacifier for only a few minutes and spits it out.</li> </ul>	<ul style="list-style-type: none"> <li>Works at mastering a new toy without giving up.</li> <li>Easily moves onto a new task. Gets frustrated easily when learning a new skill.</li> </ul>	<ul style="list-style-type: none"> <li>Wants to get dressed without help even if difficult.</li> <li>Complains or quits if a new skill does not come easily.</li> </ul>	<ul style="list-style-type: none"> <li>Provide warnings before a new activity or transition.</li> <li>Break tasks into smaller segments allowing for breaks.</li> </ul>
<b>INTENSITY:</b> refers to the emotional energy level of your child's response 	<ul style="list-style-type: none"> <li>Greets new toy with lots of expression (positive or negative).</li> <li>Is not fussy when sick.</li> </ul>	<ul style="list-style-type: none"> <li>Throws self to floor and cries when denied a toy or snack.</li> <li>Looks down and remains silent when given a firm parental "No".</li> </ul>	<ul style="list-style-type: none"> <li>Runs to bedroom and slams door when teased by sibling.</li> <li>Does not comment when reprimanded.</li> </ul>	<ul style="list-style-type: none"> <li>Model appropriate responses rather than matching the high intense reactions.</li> <li>Ensure the mild child gets as much attention as a more expressive child.</li> </ul>
<b>SENSITIVITY:</b> refers to how easily your child is disturbed by changes in the environment such as lights, sounds and touch 	<ul style="list-style-type: none"> <li>Refuses a new food with a different texture.</li> <li>Cries when diaper is wet.</li> <li>Eats everything.</li> <li>Not bothered by wet or soiled diapers.</li> </ul>	<ul style="list-style-type: none"> <li>Irritated by tags and seams in clothing.</li> <li>Not bothered by physical discomfort like tight clothing or immunizations.</li> </ul>	<ul style="list-style-type: none"> <li>Bothered by certain noises, or reacts to a sudden change in temperature.</li> <li>Not bothered by certain noises, little or no reaction to sudden changes in temperature.</li> </ul>	<ul style="list-style-type: none"> <li>Acknowledge sensitivity to taste, texture and smells of foods and plan meals accordingly.</li> <li>Provide a variety of sensory opportunities through art, music, cooking, etc.</li> </ul>
<b>MOOD:</b> refers to your child's general tendency to have a positive and outgoing or a quiet and thoughtful response 	<ul style="list-style-type: none"> <li>Plays and splashes in bath. Smiles at everyone.</li> <li>Cries when taken from tub.</li> <li>Often has a serious expression.</li> </ul>	<ul style="list-style-type: none"> <li>Smiles and laughs often.</li> <li>Upbeat.</li> <li>Has a serious expression and laughs very little.</li> </ul>	<ul style="list-style-type: none"> <li>Has a sunny, happy-go-lucky disposition.</li> <li>Often appears deep in thought.</li> </ul>	<ul style="list-style-type: none"> <li>Help your happy-go-lucky child to express fear or anger and know that it's okay to express those emotions.</li> <li>Don't confuse seriousness with being sad. Support being playful and silly.</li> </ul>

# General Learning Opportunities

Classes for caregivers of all ages of children. Location details given upon registration

(O): Qualify for required orientation training topics

(Q): Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, September 1 1:30 – 2:30 p.m.	<b>It's a Small World</b> SD is becoming more & more culturally diverse; learn who may be moving into your childcare 'neighborhood', and how to welcome & support them.	\$5	Online	Cultural Diversity
Saturday, September 26 9 – 10 a.m.	<b>A Bit About Biting</b> Just because biting is a common behavior for young children doesn't mean you should ignore it. Gain ways to decrease biting in the classroom.	\$0	Vermillion	Guidance & Behavior Management
Saturday, September 26 10 – 11 a.m.	<b>Expelling Expulsion</b> Learn about the impact of suspension and expulsion in early childhood, and strategies for preventing expulsion in the future.	\$0	Vermillion	Guidance & Behavior Management
Tuesday, October 6 6:30 – 7:30 p.m.	<b>Including Children with Diverse Abilities</b> Explore ways adults can help children develop a sense of belonging and connecting with each other, including those with disabilities.	\$0	Sioux Falls	Inclusion of All Children
Saturday, October 17 9 – 10 a.m.	<b>Expelling Expulsion</b> Learn about the impact of suspension and expulsion in early childhood, and strategies for preventing expulsion in the future	\$0	Mitchell	Guidance & Behavior Management
Saturday, October 17 11 a.m. – Noon	<b>A Bit About Biting</b> Just because biting is a common behavior for young children doesn't mean you should ignore it. Gain ways to decrease biting in the classroom.	\$0	Mitchell	Guidance & Behavior Management
Thursday, November 5 7:30 – 8:30 p.m.	<b>You Gotta Have Friends</b> Making friends and being a good friend don't come easily to some children. Learn how to help children develop friendship skills that will last them a lifetime.	\$0	Sioux Falls	Child Growth & Development
Tuesday, December 1 6:30 – 7:30 p.m.	<b>1-2-3 Science</b> Learn to integrate science concepts, exploration, and developmentally appropriate activities into children's daily experiences.	\$5	Online	Learning Environments

## INS AND OUTS OF LESSON PLANNING

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

Monday, October 5 7:30 – 9 p.m.	<b>Lesson Plan Basics</b> Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$5	Online	Program Management & Regulations
Monday, October 12 7:30 – 9 p.m.	<b>Developing and Creating Lesson Plans</b> Explore a variety of lesson plans, evaluate activity ideas to meet children's needs, and how to plan in a timely fashion.	\$5	Online	Child Growth & Development
Monday, October 19 7:30 – 9 p.m.	<b>Using Child Interests, Themes and Projects</b> Learn about different approaches to planning and how each can lead to quality learning for children.	\$5	Online	Age Appropriate Planning
Monday, October 26 7:30 – 9 p.m.	<b>Purposeful Activities</b> Bring together all the lesson planning pieces and share creative ideas that have worked.	\$5	Online	Age Appropriate Planning

# Early Learning Guidelines for Caregivers

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, October 8 7:30 – 9 p.m.	<b>Approaches to Learning</b> The use of play, everyday tasks, and an enriching environment to support young children's creativity, imagination and increasingly complex & challenging play.	\$5	Online	Age Appropriate Planning
Thursday, October 15 7:30 – 9 p.m.	<b>Social &amp; Emotional Development</b> Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	\$5	Online	Guidance & Behavior Management

Thursday, October 22 7:30 – 9 p.m.	<b>Communication, Language &amp; Literacy</b> Strategies to set up an environment that encourages exploration, play and social interactions for young children and the development of literacy skills and oral language.	\$5	Online	Interpersonal Communication & Relationships
Thursday, October 29 7:30 – 9 p.m.	<b>Cognitive, Health &amp; Physical Development</b> Building relationships and providing an environment & activities to support reasoning, motor development, and health & safety skills.	\$5	Online	Child Growth & Development

## Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques. Location details given upon registration

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, September 24 7 – 8 p.m.	<b>Coping Skills and Young Children</b> Coping skills are critical to building resilience and a child's wellbeing. Learn ways to build coping skills with the children in your care.	\$0	Sioux Falls	<i>Guidance &amp; Behavior Management</i>
Saturday, October 10 9 – 10 a.m.	<b>Expelling Expulsion</b> Learn about the impact of suspension and expulsion in early childhood, and strategies for preventing expulsion in the future	\$0	Sioux Falls	Guidance & Behavior Management
Saturday, October 10 10 – 11 a.m.	<b>When the Calm Down Corner Isn't Enough: Identifying Early Warning Signs of Mental Health Disorder</b> Participants will learn how to recognize the early warning signs of mental and behavioral health disorders and help connect children and families with the resources and supports needed for the child's success. <i>Presented by Emily Learning, Encompass Health</i>	\$0	Sioux Falls	<i>Child Growth &amp; Development</i>
Saturday, October 10 11 a.m. – Noon	<b>Make It Today: Visual Schedules</b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.	\$0	Sioux Falls	<i>Age Appropriate Planning</i>
Tuesday, October 27 6:30 – 7:30 p.m.	<b>Make It Today: Visual Schedules</b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.	\$5	Online	<i>Age Appropriate Planning</i>
Thursday, November 5 6:30 – 7:30 p.m.	<b>You Can't Say You Can't Play</b> Children often get left out of play. Find out ways to include each child and let them know they belong.	\$0	Sioux Falls	<i>Inclusion of All Children</i>
Tuesday, December 15 6:30 – 7:30 p.m.	<b>Identify and Address Developmental Delays</b> Learn about the importance of child development, identifying potential warning signs, and your role in communicating with families.	\$5	Online	<i>Guidance &amp; Behavior Management</i>
<b>PRESCHOOL SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Thursday, October 1 7:30 – 9 p.m.	<b>Importance Of Relationships</b> Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	\$5	Online	<i>Guidance &amp; Behavior Management</i>
Thursday, October 8 7:30 – 9 p.m.	<b>Environment, Routines, And Strategies</b> Environmental elements, their impact on children's development & behaviors, and strategies to support children's positive social behaviors.	\$5	Online	<i>Learning Environments</i>
Thursday, October 15 7:30 – 9 p.m.	<b>Social Emotional Teaching Strategies</b> Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.	\$5	Online	<i>Guidance &amp; Behavior Management</i>
Thursday, October 22 7:30 – 9 p.m.	<b>Supporting Children's Success</b> Learn to react to challenging behaviors and support children learning problem solving skills and to handle anger & disappointment.	\$5	Online	<i>Guidance &amp; Behavior Management</i>

# Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children six weeks to three year old. Location details given upon registration

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, September 26 11 a.m. – Noon	<b>Buffering Babies and Toddlers from Toxic Stress</b> Babies and Toddlers can be sponges for stress. Learn how to buffer young children from the negative effects of stress by providing responsive, predictable, nurturing care.	\$0	Vermillion	Age Appropriate Planning
Tuesday, October 6 7:30 – 8:30 p.m.	<b>Supporting the Breastfeeding Family</b> This class has information on best practices for child care providers to be able to support families who are breastfeeding.	\$0	Sioux Falls	Nutrition for Children
Saturday, October 17 10 – 11 a.m.	<b>Buffering Babies and Toddlers from Toxic Stress</b> Babies and Toddlers can be sponges for stress. Learn how to buffer young children from the negative effects of stress by providing responsive, predictable, nurturing care.	\$0	Mitchell	Age Appropriate Planning
Thursday, November 5 6:30 – 7:30 p.m.	<b>The Period of PURPLE Crying</b> 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
Tuesday, December 1 7:30 – 8:30 p.m.	<b>Child Care Essentials: Shaken Baby Syndrome</b> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	\$5	Online	Child Abuse & Neglect
<b>INFANT/TODDLER ENTRY LEVEL SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, November 3 7:30 – 9 p.m.	<b>Ages Of Infancy</b> Developmental needs of infants and toddlers as they grow and explore.	\$5	Online	Child Growth & Development
Tuesday, November 10 7:30 – 9 p.m.	<b>Social Emotional Development: Understanding Temperament</b> Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.	\$5	Online	Guidance & Behavior Management
Tuesday, November 17 7:30 – 9 p.m.	<b>How Young Children Learn: Appropriate Environments For Infants &amp; Toddlers</b> Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.	\$5	Online	Age Appropriate Planning
Tuesday, November 24 7:30 – 9 p.m.	<b>Health &amp; Safety For Infants &amp; Toddlers</b> Best basic health and safety practices in infant and toddler care.	\$5	Online	Program Health & Safety
<b>INFANT/TODDLER BEST PRACTICE SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, September 1 7:30 – 9:30 p.m.	<b>Continuity of Care in Small Infant &amp; Toddler Groups</b> Essential practices of primary care, continuity of care, and small group sizes.	\$5	Online	Child Growth & Development
Tuesday, September 8 7:30 – 9:30 p.m.	<b>Culturally Diverse Caregiving: Partnering with Parents</b> Partnering with families to honor and incorporate children's cultures in everyday caregiving.	\$5	Online	Cultural Diversity
Tuesday, September 15 7:30 – 9:30 p.m.	<b>Responsive Care and Inclusion of All Infants &amp; Toddlers</b> Best practices in providing individualized care; providing inclusive care for children with special needs.	\$5	Online	Inclusion of All Children
Tuesday, September 22 7:30 – 9:30 p.m.	<b>Planning Their Day: Routines, Schedules &amp; Transitions</b> Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.	\$5	Online	Age Appropriate Planning

# Preschool Learning Opportunities

Classes with an emphasis on caring for three to five year old children. Location details given upon registration

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, September 10 6:30 – 7:30 p.m.	<b>Circle Time Without Chaos</b> Intentionally plan your circle time to reduce challenging behaviors and better engage children while they learn new concepts & skills.	\$5	Online	Age Appropriate Planning
Tuesday, September 29 1 – 2 p.m.	<b>De-Stress Your Lesson Planning</b> Take the stress out of creating effective lesson plans through developing a deeper understanding of your children's goals and abilities.	\$5	Online	Age Appropriate Planning



Thursday, November 5 6:30 – 7:30 p.m.	<b>FLIP IT</b> Learn a strength-based, common sense & effective four-step strategy when confronting children’s challenging behaviors	\$5	Online	Guidance & Behavior Management
Thursday, November 19 6:30 – 7:30 p.m.	<b>Increasing Reading Engagement: The Picture Walk</b> Use a picture walk to preview pictures & familiarize the child with a story before introducing textures, asking questions, & making observations & predictions.	\$5	Online	Age Appropriate Planning
Tuesday, December 15 7:30 – 8:30 p.m.	<b>Setting Goals for Professional Growth</b> Do you think about where you want to go in the early childhood profession? Learn how goal-setting can get you on a path to success in the field.	\$5	Online	Professionalism

**PRESCHOOL ENTRY LEVEL SERIES**

**(Q)** Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

Thursday, September 3 7:30 – 9 p.m.	<b>Child Growth &amp; Development</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Child Growth & Development
Thursday, September 10 7:30 – 9 p.m.	<b>Behavior Management &amp; Guidance</b> Using positive guidance techniques and establishing a program climate that promotes positive behavior.	\$5	Online	Guidance & Behavior Management
Thursday, September 17 7:30 – 9 p.m.	<b>Program Health &amp; Safety</b> Understand the importance of promoting and teaching practices that keep children safe and healthy.	\$5	Online	Program Health & Safety
Thursday, September 24 7:30 – 9 p.m.	<b>Social Interactions and Learning Environments</b> Supporting children’s individual needs through learning environments and relationships.	\$5	Online	Learning Environments
Monday, November 2 7:30 – 9 p.m.	<b>Child Growth &amp; Development</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Child Growth & Development
Monday, November 9 7:30 – 9 p.m.	<b>Behavior Management &amp; Guidance</b> Using positive guidance techniques and establishing a program climate that promotes positive behavior.	\$5	Online	Guidance & Behavior Management
Monday, November 16 7:30 – 9 p.m.	<b>Program Health &amp; Safety</b> Understand the importance of promoting and teaching practices that keep children safe and healthy.	\$5	Online	Program Health & Safety
Monday, November 23 7:30 – 9 p.m.	<b>Social Interactions and Learning Environments</b> Supporting children’s individual needs through learning environments and relationships.	\$5	Online	Learning Environments

**PRESCHOOL BEST PRACTICE SERIES**

**(Q)** Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

Monday, December 7 7:30 – 9:30 p.m.	<b>Best Practices in Preschool Cultural Diversity</b> Cultural continuity and building partnerships with parents; incorporating cultural practices in caregiving.	\$5	Online	Cultural Diversity
Thursday, December 10 7:30 – 9:30 p.m.	<b>Developmentally Appropriate Preschool Curriculum</b> Planning a developmentally appropriate curriculum that builds on children’s needs and interests.	\$5	Online	Age Appropriate Planning
Monday, December 14 7:30 – 9:30 p.m.	<b>The Role of Observation, Documentation &amp; Assessment</b> Best practices in implementing observation, documentation and assessment tools & techniques for preschool children.	\$5	Online	Observing Children
Thursday, December 17 7:30 – 9:30 p.m.	<b>Appropriate Guidance &amp; Promoting Behavior</b> Understanding preschooler’s behavior; ways to provide positive guidance & build conflict resolution skills.	\$5	Online	Guidance & Behavior Management

# Management Learning Opportunities

Classes with an emphasis on managing child care programs

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, October 6 6:30 – 7:30 p.m.	<b>Building a Policy; Physical Activity</b> Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on physical activity.	\$0	Online	Professionalism
<b>MANAGEMENT SERIES</b> (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Wednesday, October 7 7:30 – 9 p.m.	<b>Management Fundamentals</b> Learn about the importance of effective program management and explore how it affects the child care setting.	\$5	Online	Program Management & Regulations
Wednesday, October 14 7:30 – 9 p.m.	<b>Fiscal Fundamentals</b> Learn about tools to help child care programs plan, monitor & track income and expenses. Explore budgets, balance sheets, profit & loss, and more.	\$5	Online	Program Management & Regulations
Wednesday, October 21 7:30 – 9 p.m.	<b>Human Resources Fundamental</b> Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.	\$5	Online	Program Management & Regulations
Wednesday, October 28 7:30 – 9 p.m.	<b>Power of Partnerships</b> Increase skills for building a strong community and team of committed staff.	\$5	Online	Interpersonal Communication & Relationships

# Out of School Time Learning Opportunities

Classes with an emphasis on caring for school age children. Location details given upon registration

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, October 6 1 – 2:30 p.m.	<b>Transitions: Making the Wait Less Painful</b> Learn ways transitions and change affect children and explore how to prepare children for changes.	\$0	Online	Program Management & Regulations
Tuesday, October 13 1 – 2:30 p.m.	<b>Bullying &amp; Teasing: Are They the Same?</b> When does teasing cross the line and turn into bullying? Join us in exploring ways to help school age children who have been teased and how to create community in your program.	\$0	Online	Guidance & Behavior Management
Tuesday, October 20 1 – 2 p.m.	<b>Friendship Across Cultures</b> Encourage and support friendships between school-age children who speak different languages, and honor all cultures represented in your program.	\$0	Online	Cultural Diversity
Monday, October 26 1 – 2:30 p.m.	<b>Change the World with Harmony! Harmony Can Unite Us!</b> We will discuss the five themes of Sanford Harmony: Diversity and Inclusion, Empathy and Critical Thinking, Communication, Problem-Solving, and Peer Relationships to build a mutually respectful learning community.	\$0	Online	Interpersonal Communication & Relationships
Thursday, November 19 7:30 – 8:30 p.m.	<b>Schedules &amp; Routines</b> Learn how to create a schedule that incorporates routines for your school-age programs.	\$5	Online	Age Appropriate Planning
<b>OUT OF SCHOOL TIME ENTRY LEVEL SERIES</b> (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, December 1 7:30 – 9 p.m.	<b>Child Growth and Development</b> Fostering the growth and development of children through appropriate environment, activities, interactions, and inclusion.	\$5	Online	Child Growth & Development
Thursday, December 3 7:30 – 9 p.m.	<b>Program Health &amp; Safety</b> The importance of implementing teaching practices that promote child health and safety.	\$5	Online	Program Health & Safety
Tuesday, December 8 7:30 – 9 p.m.	<b>Fostering Learning Environments</b> Learn how planning high quality program activities and experiences will promote children's success.	\$5	Online	Learning Environments
Thursday, December 10 7:30 – 9 p.m.	<b>Managing and Planning for Groups</b> Learn above managing groups, modeling leadership, and effective use of routines and schedules.	\$5	Online	Guidance & Behavior Management
<b>OUT OF SCHOOL TIME BEST PRACTICE SERIES</b> (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Monday, September 14 7:30 – 9:30 p.m.	<b>Building Relationships with Communities, Families and Schools</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Interpersonal Communication & Relationships

Monday, September 21 7:30 – 9:30 p.m.	<b>Observation, Assessment and Inclusion</b> The importance of observations and assessment to support all OST children in an inclusive setting.	\$5	Online	Child Growth & Development
Monday, September 28 7:30 – 9:30 p.m.	<b>Developmentally Appropriate Planning and Curriculum</b> Learn how planning high quality program activities and experiences will promote children's success.	\$5	Online	Age Appropriate Planning
Monday, October 5 7:30 – 9:30 p.m.	<b>Managing and Planning for Groups</b> Learn about managing groups, modeling leadership, and effective use of routines and schedules.	\$5	Online	Guidance & Behavior Management

## fitCare Learning Opportunities

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings. All fitCare classes provide caregivers with activities to help teach children about making healthy choices. Location details given upon registration

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, September 8 6:30 – 8:30 p.m.	<b>Think Your FOOD</b> Food habits start early in life. Learn how to teach children about making healthy food choices.	\$0	Online	Nutrition for Children
Thursday, October 8 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Sioux Falls	Child Growth & Development
Tuesday, November 10 6:30 – 8:30 p.m.	<b>Think Your FOOD</b> Food habits start early in life. Learn how to teach children about making healthy food choices.	\$0	Online	Nutrition for Children
Wednesday, December 2 6:30 – 8:30 p.m.	<b>Be fit....RECHARGE Your Energy</b> 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.	\$0	Online	Program Health & Safety
Wednesday, December 9 6:30 – 8:30 p.m.	<b>Motivate Your MOOD</b> Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.	\$0	Online	Guidance & Behavior Management
Wednesday, December 16 6:30 – 8:30 p.m.	<b>Think Your FOOD</b> Food habits start early in life. Learn how to teach children about making healthy food choices.	\$0	Online	Nutrition for Children
Wednesday, December 30 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Online	Child Growth & Development

## Family Child Care Provider Focus Learning Opportunities

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings. Location details given upon registration

FAMILY CHILD CARE BEST PRACTICE SERIES				
<b>(Q)</b> Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, November 3 7:30 – 9 p.m.	<b>Keep It Safe &amp; Healthy</b> Best basic health and safety practices for your children, environment, and family childcare program.	\$5	Online	Program Health & Safety
Tuesday, November 10 7:30 – 9 p.m.	<b>What Children Need to Learn &amp; Grow</b> Your role in supporting children's social, emotional, physical and cognitive growth and development at all stages.	\$5	Online	Child Growth & Development
Tuesday, November 17 7:30 – 9 p.m.	<b>It All Begins with Relationships</b> Appropriate, respectful & responsive care based on individual children's needs; positive communication & relationships with children & families.	\$5	Online	Interpersonal Communication & Relationships
Tuesday, November 24 7:30 – 9 p.m.	<b>The Business of Family Child Care</b> Basic business practices, program management, and policies & practices to meet licensing regulations.	\$5	Online	Program Management & Regulations



# Rural Child Care Provider Learning Opportunities

Classes offered in rural areas in southeastern South Dakota. Location details given upon registration

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, September 26 9 – 10 a.m.	<b>A Bit About Biting</b> Just because biting is a common behavior for young children doesn't mean you should ignore it. Gain ways to decrease biting in the classroom.	\$0	Vermillion	Guidance & Behavior Management
Saturday, September 26 10 – 11 a.m.	<b>Expelling Expulsion</b> Learn about the impact of suspension and expulsion in early childhood, and strategies for preventing expulsion in the future.	\$0	Vermillion	Guidance & Behavior Management
Saturday, September 26 11 a.m. – Noon	<b>Buffering Babies and Toddlers from Toxic Stress</b> Babies and Toddlers can be sponges for stress. Learn how to buffer young children from the negative effects of stress by providing responsive, predictable, nurturing care.	\$0	Vermillion	Age Appropriate Planning
Saturday, October 17 9 – 10 a.m.	<b>Expelling Expulsion</b> Learn about the impact of suspension and expulsion in early childhood, and strategies for preventing expulsion in the future.	\$0	Mitchell	Guidance & Behavior Management
Saturday, October 17 10 – 11 a.m.	<b>Buffering Babies and Toddlers from Toxic Stress</b> Babies and Toddlers can be sponges for stress. Learn how to buffer young children from the negative effects of stress by providing responsive, predictable, nurturing care.	\$0	Mitchell	Age Appropriate Planning
Saturday, October 17 11 a.m. – Noon	<b>A Bit About Biting</b> Just because biting is a common behavior for young children doesn't mean you should ignore it. Gain ways to decrease biting in the classroom.	\$0	Mitchell	Guidance & Behavior Management

## ECE Class Policy

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

### e-Learning Online Classes

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

Class registration is closed 48 hours prior to scheduled class start time. Monday class registration is closed at 5 p.m. on the Thursday prior to the class. Class registration is secured once payment is received. Participants are emailed the class link within 24 hours prior to scheduled class start time.

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.

### Face to Face Classes

1. Class participants arriving later than 10 minutes past the class start time will not be allowed to attend class as the facility doors will be locked.
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.

## JUST A REMINDER

Cancellation – Please remember, if you register for a class and are unable to attend, it is a courtesy to call and cancel your registration.

## Saturday Spectacular

Saturday, October 10

9 am – Noon

Topics Include:

- Expelling Expulsion
- When the Calm Down Corner Isn't Enough? Identifying Early Warning Sign of Mental Health Disorders
- Make It Today: Visual Schedules

## Renew Child Care Conference

Huron Event Center | October 2-3, 2020

Richard Cohen, Keynote Presenter

Fccpsd.org | [conference@fccpsd.org](mailto:conference@fccpsd.org) (605) 342-0573



# PROVIDERS.....YOU ASKED & WE LISTENED!

Coming Soon – Online registration will be available. To register online, follow the steps below.

1. Go to [www.sanfordhealth.org/classes-and-events](http://www.sanfordhealth.org/classes-and-events)
2. Filter by 'Daycare Providers' under the Category drop down
3. Locate the class you want to attend
4. Click on the class to find the online class registration information



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.



**2020 TRAINING SCHEDULE**

SEPTEMBER/OCTOBER/NOVEMBER/DECEMBER

These classes meet the South Dakota child care training requirements for licensing and registration.

**CPR & Certified First Aid (O)**

(Location details given upon registration)

**CPR and First Aid Class Registration and Payment Policy:**

Certified First Aid & CPR reservation is not confirmed until payment is received. If payment has not been received 24 hours prior to the start of the class, this class reservation will be given to the first participant that secures this reservation with a payment.

**CPR and First Aid Class Refund Policy:**

Class cancellation is required prior to the start of class, otherwise payment will be forfeited and is non-transferrable.

Additional classes may be added check the website for updates

\*See General classes for Basic First Aid for Child Care Providers

**Heartsaver® CPR AED (O)**

**CPR Policy:** This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches skills with AHA's practice-while-watching technique, which allows instructors to observe the students and provide feedback.

**2020 Class Dates:**

	<b>Location:</b>	<b>Fee/Class:</b>
Saturday, September 12   8:30 – Noon.	Sioux Falls	\$20
Thursday, September 17   6:30 – 10 p.m.	Sioux Falls	\$20
Thursday, October 15   6:30 – 10 p.m.	Sioux Falls	\$20
Saturday, October 24   8:30 – Noon	Sioux Falls	\$20
Saturday, November 7   8:30 – Noon	Sioux Falls	\$20
Thursday, November 19   6:30 – 10 p.m.	Sioux Falls	\$20
Saturday, December 5   8:30 – Noon	Sioux Falls	\$20
Monday, December 7   6:30 – 10 p.m.	Sioux Falls	\$20

**Certified First Aid (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.

**Class Dates:**

	<b>Location:</b>	<b>Fee/Class:</b>
Tuesday, October 20   6:30 – 9 p.m.	Sioux Falls	\$5

Check out our classes online at [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices) Register for classes by calling (605) 312-8390 or 1-800-235-5923