

# Childcare News

## Challenging Behaviors and Self Care



### What does 'challenging' behavior mean?

All behavior is communication. Young children may not have the necessary skills or language to process through strong feelings such as frustration, anger, excitement, or overstimulation. Behaviors become their form of communication. Next time you observe a child displaying challenging behaviors, think about how he or she is feeling in the moment and what they might be trying to tell you. Assist all children in feeling safe and validated.

To understand challenging behavior it is important to adjust our mindsets about how we perceive the child and the behaviors they are

displaying. There is no such thing as a 'good' or 'bad' child. We become focused on trying to stop the behavior when we should work to understand the child, their behaviors, and adapting to their comfort level.

"Behaviors are not something in children needing to be fixed or stopped. It is a superpower they just need to be taught how to use."

### Child care can be stressful

Working with children and managing challenging behaviors can be stressful.

According to a study, "out of 30,000 educators, more than 78% are often physically and emotionally exhausted" (American Federation of Teachers, 2015). Know your triggers. Make a

list of the behaviors or situations causing stress in your job or life. This will allow you to become more self-aware and proactive in responding to children. Here are some signs of burnout or stress:

- Irritability
- Negativity
- Fatigue
- Loss of patience
- Physical pain (headaches)
- Isolation
- Feelings of helplessness
- Lack of motivation
- Anxiety about work

### How can I take care of myself?

As a child care provider or director it is critical to take care of yourselves in order to be responsive and empathetic towards children. Make positive changes for yourself and don't wait around for someone to do it for you. Find what works for you! Here are some ideas to get you started:

- Get enough sleep
- Eat well, drink plenty of water
- Regular exercise
- Go for a walk
- Mindfulness and deep breathing
- Have a trusted support system
- Read a book
- Write in a journal
- Do something creative
- Listen to music
- Let go of perfectionism
- Find time for yourself
- Laugh
- Take a day off

It is important to practice self-care rituals daily. Your director should be supporting your wellness and self-care. It is okay to ask for help or take a

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# Learning Opportunities

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

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Thursday, July 9 7:30 – 8:30 p.m.	<b><u>Why the Crying Doesn't Stop</u></b> Babies can be difficult to soothe & may cry relentlessly; explore why this may happen, the unfortunate consequences of shaking a baby, and how to keep them safe.	Sioux Falls	Shaken Baby Syndrome Prevention
Thursday, July 16 6:30 – 9 p.m.	<b><u>Certified First Aid</u></b> Learn to handle child illness and injuries 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. Course renewal is every 2 years.	Sioux Falls	Safety and Health
Thursday, July 23 6:30 – 7:30 p.m.	<b><u>What Do I See?</u></b> Learn about what falls in the “typical” range of development so you can better serve the families in your care..	On-line	Child Development
Monday, August 3 7:30 – 8:30 p.m.	<b><u>Is Your Home Safe?</u></b> This class will focus on home safety. We will go over possible causes of injury in various areas of the home. We will discuss how to create the safest environment possible for children.	Sioux Falls	Safety and Health
Thursday, August 13 7 – 8 p.m.	<b><u>Child Abuse: Family Support Strategies</u></b> Help prevent child maltreatment by recognizing, supporting & encouraging at-risk families working to build their child-rearing skills & strengths.	Sioux Falls	Child Abuse and Neglect
Monday, August 24 7 – 8 p.m.	<b><u>Emergency Preparedness</u></b> Be prepared for emergencies in your child care program. Learn how to develop a plan for emergency situations.	Sioux Falls	Family Life and Communications
Thursday, September 3 7 – 8 p.m.	<b><u>Guidance for All Ages</u></b> One size doesn't fit all when it comes to guidance, learn techniques that work with the different ages and stages of the children in your care.	Sioux Falls	Guidance and Discipline
Monday, September 14 7 – 8 p.m.	<b><u>Menu Planning</u></b> Menu planning got you down? Learn ideas to freshen up your meals and make planning a breeze.	Sioux Falls	Child Nutrition and Growth
Tuesday, September 15 7:30 – 8:30 p.m.	<b><u>Sudden Unexpected Infant Death Syndrome (SUIDS)</u></b> Creating a safe environment is not always easy. Learn practices to keep infants under 1 year of age safe, with emphasis on the most recent safe sleep standards.	Sioux Falls	Sudden Infant Death Prevention

## 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.

## 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 Classes

Saturday, July 27	6:30 – 10 p.m.	Sioux Falls
Saturday, August 8	8:30 – Noon	Sioux Falls
Tuesday, August 15	8:30 – Noon	Sioux Falls
Saturday, September 19	8:30 – Noon	Sioux Falls
Thursday, September 21	6:30 – 10 p.m.	Sioux Falls

## A WORD FROM THE HEALTH DEPARTMENT

We will be starting random inspections this year. Get started early on continuing education for 2021 renewals.

## CPR Class Policy

CPR classes sponsored by the City of Sioux Falls Health Department through Sanford CHILDServices are provided free of charge to Sioux Falls City registered family day care providers and their helpers. Registration for CPR classes is limited to 9 people per class. To help ensure CPR education is available throughout the year to Sioux Falls City registered family day care providers, the following policy exists:

Class registration is limited to Sioux Falls city registered family day care providers and their helpers.

Sioux Falls City registered family day care providers, and their helpers, receive one free CPR class per year.

## CPR Cancellation Policy

Cancellation of CPR class registration needs to be made 24 hours prior to the start of the CPR class. By doing so, allows others to enroll in the CPR class.

If notice of cancellation is not received 24 hours prior to the CPR class, the registrant will have used up his/her free CPR class for the year. A payment of \$20 will be needed to enroll in another City of Sioux Falls Health Department sponsored CPR class.

## CPR & Certified First Aid

### 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. 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





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