SANFORD CHILDREN'S CHILDSERVICES JANUARY - MARCH 2023

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SERVE AND RETURN



Serve and return is the back and forth interactions between an infant or young child and an adult, similar to a game of ping pong. When an infant serves with babbles or coos, the caregiver or adult returns with "did you have a good nap?" and the rally continues. Not only does it involve noise or sounds, it also includes gestures, reaching, eye contact, and other non-verbal interactions.

Serve and return is more common than people might think and more often than not, is already being used without knowing.

Why is it important?

The first three years are the most important in children's lives. Using serve and return consistently is essential for creating a strong foundation for success. Having positive serve and return helps grow social and emotional skills through these interactions.

The simple dialogue between the adult and child will build communication and help language development. If children are missing positive and responsive serve and return in their lives, it can lead them to feeling stressed and unsafe.

Putting it into Action

Using serve and return does not have to be complicated. Some simple, but meaningful, ways an adult or caregiver can start serve and return with an infant/toddler are:

- Mimic their sounds and copy what they do.
- Have a "conversation" with them when they smile or babble.
- Let the child point to pictures in a book and name what they are.
- Take time for one on one time with the children in your care.

It is a common misconception that this form of communication is only for infants, but it also includes preschool age children and older. Using serve and return is a little different for older children than with infants. Using serve and return with preschoolers can include strategies like:

- When preschoolers ask a "why" question, use this as a teaching moment instead of answering with "because". Spark their interest and then the serve and return will continue.
- Get down to their level. Getting down to their level creates a more inviting environment and the children will be more likely to engage in conversation.
- If a preschooler is showing you their artwork, ask open ended questions to learn about their creation.

Keep in mind sometimes the child will not return the serve. Just like adults, infants and young children have bad days and do not want to partake in the communication. It is important to keep a positive attitude and try again at a later time. Consistency is key when using this method.

Meet the Staff

DIRECTOR Dianna Rajski

CHILD MANAGER Terra Johnson

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COORIDNATORS

Mindy Greenfield Nikki McLaughlin Nancy Raether Sharon Schmidt Janie Steckley

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www.sanfordhealth.org/ CHILDServices



General Classes

Classes for caregivers of all ages of children

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Tuesday, March 28 6:30 – 7:30 p.m.	Grief & Loss: Being Prepared & Supportive Grief and loss frameworks through a developmental lens. Learn how children and families react, how to provide support, and how to incorporate grief topics into your curriculum in meaningful ways.	Sioux Falls	Child Growth & Development

Infant/Toddler Classes

Classes with an emphasis on caring for six week to three year old children

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Thursday, January 12 6:30 – 7:30 p.m.	Attachment Answers: Forming a Secure Attachment Learn about attachment theory and the four types of attachment. Better understand the importance of a healthy attachment in early childhood.	Sioux Falls	Guidance & Behavior Management
Thursday, January 26 6:30 – 7:30 p.m.	Delight in Me! Self Esteem in Infants and Toddlers How babies feel about themselves depends greatly on the messages they are receiving from their caregivers. Learn how to communicate in respectful, responsive ways to build self- esteem and self-confidence.	Sioux Falls	Child Growth & Development
Saturday, February 25 9 – 10 a.m.	Supporting Foster Children in Childcare Classrooms Learn how to best support foster children in your classroom. Hear from interviews with a child protection worker, foster parent, and a childcare director who has worked with foster children in the past to gain tips and strategies.	Sioux Falls	Interpersonal Communication and Relationships
Saturday, February 25 10 – 11 a.m.	Supporting Children Through Divorce Learn about the effects of divorce and how you can support children and families through during this difficult life transition.	Sioux Falls	Interpersonal Communication and Relationships
Saturday, February 25 11 a.m. – Noon	Prevention is Key! Understanding Behavior Management This class focuses on de-escalation strategies and proactive solutions that teachers and other adults can use when working with children.	Sioux Falls	Guidance & Behavior Management
Tuesday, March 14 6:30 – 7:30 p.m.	Positive Descriptive Acknowledgement Learn about Positive Descriptive Acknowledgement and how you can use it in your classroom to increase children's positive behavior and interactions.	Sioux Falls	Child Growth & Development
Tuesday, March 14 7:30 – 8:30 p.m.	Building Resilience In Children With Challenging Behaviors Learn to help children co-regulate strong emotions, increase attention & impulse control, and encourage problem solving & self-esteem.	Sioux Falls	Guidance & Behavior Management
Saturday, March 18 9 – 10 a.m.	Supporting Foster Children in Childcare Classrooms Learn how to best support foster children in your classroom. Hear from interviews with a child protection worker, foster parent, and a childcare director who has worked with foster children in the past to gain tips and strategies.	Vermillion	Interpersonal Communication and Relationships



Saturday, March 18 10 – 11 a.m.	Supporting Children Through Divorce Learn about the effects of divorce and how you can support children and families through during this difficult life transition.	Vermillion	Interpersonal Communication and Relationships
Tuesday, March 28 7:30 – 8:30 p.m.	Calm During the Storm Recognize signs of emotional flooding in children. Learn how to become the external regulator for children, calming experiences of overwhelm and increasing adaptability.	Sioux Falls	Child Growth & Development

Preschool Classes

Classes with an emphasis on caring for three to five year old children

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Wednesday, February 8 7:30 – 8:30 p.m.	Planning Activity Areas: Creative Arts Explore materials and art techniques that allow children to represent their thoughts and ideas.	Sioux Falls	Age Appropriate Planning
Wednesday, March 1 6 – 7 p.m.	Planning Activity Areas: Language & Literacy Discover ideas and strategies to lead children to become successful readers and writers.	Aberdeen	Age Appropriate Planning
Wednesday, March 1 7 – 8 p.m.	Planning Activity Areas: Social Studies Explore various ways to make social studies meaningful to children.	Aberdeen	Age Appropriate Planning

fitCare Classes

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings

DATE/TIME	CLASS TITLE	LOCATION	LICENSING/PATHWAYS
Monday, February 20 6:30 – 8:30 p.m.	Sweet Dreams! Exploring Strategies for Sleep and Relaxation	Sioux Falls	Program Health & Safety

Certified First Aid Classes

The American Heart Association's Pediatric First Aid Course offers pediatric first aid training solutions for child care providers

DATE/TIME	LOCATION	LICENSING/PATHWAYS
Saturday, January 7 1 – 3:30 p.m.	Sioux Falls	Program Health & Safety
Saturday, January 21 1 – 3:30 p.m.	Sioux Falls	Program Health & Safety
Saturday, February 25 1 – 3:30 p.m.	Aberdeen	Program Health & Safety

ONLINE ADULT/CHILD & INFANT CPR/AED TRAINING OPTION



Providers have an option to complete the education portion online and conduct face to face skill testing in Aberdeen or Sioux Falls.

Below is the process to conduct the education portion online and face to face skill testing:

- Complete the online course. Contact our office to receive online course link information.
- Contact our office to schedule 1:1 skill testing. Certificate of completion of online course must be brought to skill testing.
- After completion of the online course, you will have 60 days to complete the face-to-face skill testing portion.

Adult/Child & Infant CPR/AED Classes

American Heart Association's course offers instructor-led course and teaches adult, child and infant CPR/AED and choking

DATE/TIME	LOCATION	LICENSING/PATHWAYS
Saturday, January 7 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Wednesday, January 18 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, January 21 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Saturday, February 4 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Tuesday, February 7 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, February 18 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Saturday, February 25 8:30 a.m. – Noon	Aberdeen	Program Health & Safety
Saturday, March 4 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Tuesday, March 21 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety



FACE TO FACE CLASS

- 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. In order to maintain an appropriate learning environment for all class attendees, children are not allowed to attend classes.

General Classes

Classes for caregivers of all ages of children

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Tuesday, January 10 7 – 8 p.m.	Transitions for Spirited Children Learn how to provide effective transition techniques for children with spirited temperaments.	Guidance & Behavior Management
Monday, February 6 7:30 – 8:30 p.m.	Toxic Stress & Children Learn about positive, tolerable, and toxic stress responses in children, and how to provide environments & relationships that support them.	Child Abuse & Neglect
Monday, February 27 7 – 8 p.m.	The Third Teacher The environment is so important in child care, it's often called the third teacher. Explore how to make your environment the best it can be for children in your care.	Learning Environments
(Q) Training serie	INS AND OUTS OF LESSON PLANNING es identified in proposed South Dakota QRIS Framework. Registration is encourag	ged for the entire series.
Tuesday, February 7 7:30 – 9 p.m.	Lesson Plan Basics Explore strategies & techniques for creating lesson plans based on children's needs and interests.	Program Management & Regulations
Tuesday, February 14 7:30 – 9 p.m.	Developing and Creating Lesson Plans Explore a variety of lesson plans, evaluate activity ideas to meet children's needs, and how to plan in a timely fashion.	Child Growth & Development
Tuesday, February 21 7:30 – 9 p.m.	Using Child Interests, Themes and Projects Learn about different approaches to planning and how each can lead to quality learning for children.	Observing Children
Tuesday, February 28 7:30 – 9 p.m.	Purposeful Activities Bring together all the lesson planning pieces and share creative ideas that have worked.	Age Appropriate Planning

Infant/Toddler Classes

Classes with an emphasis on caring for six week to three year old children

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Monday, January 16 6 – 7 p.m.	What is Inclusive Care for Infants and Toddlers? Infants and toddlers come to your setting with all sorts of needs, learn how easy it is to adapt your practices to meet the needs of all the children in your care.	Inclusion of All Children
Monday, January 16 7 – 8 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.	Learning Environments
Thursday, January 19 7 – 8 p.m.	<u>Child Care Essentials: Shaken Baby Syndrome</u> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Child Abuse & Neglect

Monday, February 13 6 – 7 p.m.	Nurturing Environments Providing a nurturing environment that helps children develop trust through acceptance and love.	Learning Environments
Monday, February 13 7 – 8 p.m.	Clingy Babies and Toddlers? Build a Circle of Security Learn what challenging behaviors are really saying. Learn how you can build a secure attachment relationship to make caring for young children easier and more enjoyable.	Guidance & Behavior Management
(Q) Training serie	INFANT/TODDLER ENTRY LEVEL SERIES es identified in proposed South Dakota QRIS Framework. Registration is encourag	ged for the entire series.
Wednesday, February 1 7:30 – 9 p.m.	Ages of Infancy Developmental needs of infants and toddlers as they grow and explore.	Child Growth & Development
Wednesday, February 8 7:30 – 9 p.m.	Social Emotional Development: Understanding Temperament Understand each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.	Guidance & Behavior Management
Wednesday, February 15 7:30 – 9 p.m.	How Young Children Learn: Appropriate Environments for Infants & <u>Toddlers</u> Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.	Age Appropriate Planning
Wednesday, February 22 7:30 – 9 p.m.	Health & Safety for Infants & Toddlers Best basic health and safety practices in infant and toddler care.	Program Health & Safety
(Q) Training serie	INFANT/TODDLER BEST PRACTICE SERIES es identified in proposed South Dakota QRIS Framework. Registration is encourag	ged for the entire series.
Tuesday, March 7 7:30 – 9:30 p.m.	<u>Continuity of Care in Small Infant & Toddler Groups</u> Essential practices of primary care, continuity of care, and small group sizes.	Child Growth & Development
Tuesday, March 14 7:30 – 9:30 p.m.	<u>Culturally Diverse Caregiving: Partnering with Parents</u> Partnering with families to honor and incorporate children's cultures in everyday caregiving.	Cultural Diversity
Tuesday, March 21 7:30 – 9:30 p.m.	<u>Responsive Care and Inclusion of All Infants & Toddlers</u> Best practices in providing individualized care; providing inclusive care for children with special needs.	Inclusion of All Children
Tuesday, March 28 7:30 – 9:30 p.m.	Planning Their Day: Routines, Schedules & Transitions Environments Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.	Age Appropriate Planning



Preschool Classes

Classes with an emphasis on caring for three to five

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Tuesday, January 10 8 – 9 p.m.	Increasing Reading Engagement: The Picture Walk Use a picture walk to preview pictures & familiarize the child with a story before introducing textures, asking questions, & making observations & predictions.	Age Appropriate Planning

Out of School Time Classes

Classes with an emphasis on caring for school age children

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS		
Monday, February 27 8 – 9 p.m.	Professionals in Out-of-School Time Learn what it means to be a professional in an out-of-school time program.	Professionalism		
(Q) Training serie	OUT OF SCHOOL TIME ENTRY LEVEL SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.			
Monday, March 6 1 – 2:30 p.m.	Child Growth and Development Fostering the growth and development of children through appropriate environment, activities, interactions, and inclusion.	Child Growth & Development		
Wednesday, March 8 1 – 2:30 p.m.	Program Health & Safety The importance of implementing teaching practices that promote child health and safety.	Program Health & Safety		
Monday, March 13 1 – 2:30 p.m.	Fostering Learning Environments Supporting children's individual needs through learning environments and relationships.	Learning Environments		
Wednesday, March 15 1 – 2:30 p.m.	Behavior Management and Guidance Providers will look at importance of using positive guidance techniques and establishing a program climate that promotes positive behavior.	Guidance & Behavior Management		

Family Child Care Classes

Classes specific to care provided in family child care settings

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Monday, February 6 6:30 – 7:30 p.m.	What Do I See? Learn about what falls in the "typical" range of development so you can better serve the families in your care.	Observing Children
Monday, February 20 6:30 – 7:30 p.m.	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.	Partnerships with Parents
Monday, February 20 7:30 – 8:30 p.m.	Child Care As a Business Learn about the importance of having contracts and policies for owning your own child care business.	Program Management & Regulations

FAMILY CHILD CARE ENTRY LEVEL SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.		
Monday, February 6 7:30 – 9 p.m.	Keep It Safe & Healthy Best basic health and safety practices for your children, environment, and family childcare program.	Program Health & Safety
Tuesday, February 7 7:30 – 9 p.m.	What Children Need to Learn & Grow Your role in supporting children's social, emotional, physical and cognitive growth and development at all stages.	Child Growth & Development
Monday, February 13 7:30 – 9 p.m.	<u>It All Begins with Relationships</u> Appropriate, respectful & responsive care based on individual children's needs; positive communication & relationships with children & families.	Interpersonal Communication & Relationships
Tuesday, February 14 7:30 – 9 p.m.	The Business of Family Child Care Basic business practices, program management, and policies & practices to meet licensing regulations.	Program Management & Regulations

Early Learning Guidelines Series

Classes to familiarize participants with South Dakota Early Learning Guidelines

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Wednesday, January 4 7:30 – 9 p.m.	Approaches to Learning The use of play, everyday tasks, and an enriching environment to support young children's creativity, imagination and increasingly complex & challenging play.	Age Appropriate Planning
Wednesday, January 11 7:30 – 9 p.m.	Social & Emotional Development Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	Guidance & Behavior Management
Wednesday, January 18 7:30 – 9 p.m.	Communication, Language & Literacy 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.	Interpersonal Communication & Relationships
Wednesday, January 25 7:30 – 9 p.m.	Cognitive, Health & Physical Development Building relationships and providing an environment & activities to support reasoning, motor development, and health & safety skills.	Child Growth & Development

Social and Emotional Classes

Ideas and insights to positive guidance and behavior management techniques

INFANT/TODDLER SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.		
DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Wednesday, January 4 7:30 – 9 p.m.	Importance Of Relationships Social emotional development begins at birth & continues throughout life, providing a foundation for meaningful relationships & learning.	Guidance & Behavior Management
Wednesday, January 11 7:30 – 9 p.m.	<u>Creating Supportive Environments & Routines</u> Explore ways to create meaningful & engaging learning spaces which promote social emotional development & support appropriate behaviors.	Learning Environments
Wednesday, January 18 7:30 – 9 p.m.	Social Emotional Teaching Strategies Focus on a variety of approaches to support the development of social emotional skills; identify strategies to support social emotional literacy.	Guidance & Behavior Management

Wednesday, January 25 7:30 – 9 p.m.	Supporting Children's Success Explore the meaning of behaviors & what a child may be attempting to communicate, & how learning social emotional skills affects all development.	Guidance & Behavior Management
PRESCHOOL SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.		
Wednesday, March 1 7:30 – 9 p.m.	Importance Of Relationships Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	Guidance & Behavior Management
Wednesday, March 8 7:30 – 9 p.m.	Environment, Routines, And Strategies Environmental elements, their impact on children's development & behaviors, and strategies to support children's positive social behaviors.	Learning Environments
Wednesday, March 15 7:30 – 9 p.m.	Social Emotional Teaching Strategies Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.	Guidance & Behavior Management
Wednesday, March 22 7:30 – 9 p.m.	Supporting Children's Success Learn to react to challenging behaviors and support children learning problem solving skills and to handle anger & disappointment.	Guidance & Behavior Management

Management Classes Classes with an emphasis on managing child care programs

DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Thursday, February 2 1 – 3 p.m.	Management Fundamentals Learn about the importance of effective program management and explore how it affects the child care setting.	Program Management & Regulations
Thursday, February 9 1 – 3 p.m.	Fiscal Fundamentals Learn about tools to help child care programs plan, monitor & track income and expenses. Explore budgets, balance sheets, profit & loss, and more.	Program Management & Regulations
Thursday, February 16 1 – 3 p.m.	Human Resources Fundamental Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.	Program Management & Regulations
Thursday, February 23 1 – 3 p.m.	Power of Partnerships Increase skills for building a strong community and team of committed staff.	Interpersonal Communication & Relationships



fitCare Classes



Classes to help caregivers provide a healthy lifestyle program for children in their care

FITCARE SERIES

Registration is encouraged for the entire series.

Registration is encouraged for the entire series.		
DATE/TIME	CLASS TITLE	LICENSING/PATHWAYS
Tuesday, February 7 6:30 – 8:30 p.m.	Sweet Dreams! Exploring Strategies for Sleep and Relaxation	Program Health & Safety
Tuesday, February 14 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	Guidance & Behavior Management
Tuesday, February 21 6:30 – 8:30 p.m.	Ready, Set, Move! Promoting Physical Activity and Development.	Child Growth & Development
Tuesday, February 28 6:30 – 8:30 p.m.	We Are What We Eat! Creating Healthy Nutrition Environments.	Nutrition for Children
FITCARE INDIVIDUAL CLASSES		
Monday, January 23 6:30 – 8:30 p.m.	Ready, Set, Move! Promoting Physical Activity and Development.	Child Growth & Development
Tuesday, March 14 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	Guidance & Behavior Management



ONLINE CLASS POLICY

Participants are emailed the class link, with instructions, 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 1 learning statement at the end of the class.



NEWS FROM DEPARTMENT OF HEALTH, SIOUX FALLS

Are you a family child care provider in Sioux Falls?

As you start the New Year out please be thinking about your continuing education credits. We understand that you just went thru the renewal process, but looking at those class options now will relieve the stress of having to rush them in end of year with the added benefit of having more instructional options with the added bonus of possible smaller class sizes.

You can check out FREE Social and Emotional Items!



Why should I check these out?

Social emotional development helps lay the foundation for children to be successful in school and in life. Children who develop strong social emotional skills tend to be happier, more motivated to learn, and perform better academically.

How long can I have these items?

Check outs are for 30 days. The items are FREE to be checked out.

Where can I get them?

Items are available to be checked out from Sanford Children's CHILD Services in Aberdeen or Sioux Falls.

Sanford Children's CHILD Services – Sioux Falls

5015 S Western Ave Suite 120 Sioux Falls SD 57108 605-312-8390

Sanford Children's CHILD Services – Aberdeen 110 6th Ave SE. Suite 100 Aberdeen, SD 57401 605-226-5675

What are the items?

Below are just a *few* of items available for **childcare providers only**

• Soft Seat Cushions (24 mos. - 6 years)



• Moods & Emotions Poster Set (18 mos. – 6 years)



• Social Emotional Photo Library (3 - 8 years) • Learning to Get Along book set (4 - 8 years)



Below are just a few of items available for childcare and families

• Rainsticks (12 mos. – 4 years)



• Toddler-Safe Sensory Materials Set (12 mos. – 3 years)



• Plexiglas Top Cupe with Mat



• Gel Bead Emotion Friend (3 - 6 years)





Sanford Children's CHILD Services 5015 S Western Ave, Suite 120 Sioux Falls, SD 57108

2023 TRAINING SCHEDULE JANUARY/FEBRUARY/MARCH