

# SANFORD CHILDREN'S CHILD SERVICES

■ JANUARY - MARCH 2024

*This publication was funded by the Department of Social Services, Child Care Services & City of Sioux Falls, Department of Health*

## SAFE SLEEP PRACTICES South Dakota Rules for Licensed Programs

### Infants Up to Twelve Months of Age

- Must be placed on their back for every nap or sleep time unless an infant's primary health care provider has completed a signed waiver indicating that for health reasons the child requires an alternate sleep position.
- Must be placed to sleep in safe sleep environment, which include a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib, Pack-N-Play or bassinet. No monitors or positioning devices should be used unless required by the child's primary health care provider.
- Should not nap or sleep in a car seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen/play yard, highchair, chair, futon, sofa/couch, or any type of furniture/equipment that is not a safety approved crib.

### What Caregivers SHOULD Do

- If an infant falls asleep in any place that is not a safe sleep environment, the caregiver should immediately move the infant and place them on their back in a safe sleep environment.
- If an infant arrives at the facility asleep in a car safety seat, the infant should immediately be removed from the safety seat and placed on their back in a safe sleep environment.
- All sleep surfaces must be maintained in good repair. Ensure the cribs, portable cribs, bassinets and play yards used in the program meet federal safety standards as outlined by the Consumer Product Safety Commission.
- Place only one infant in each crib. No other items should be in a crib occupied by an infant except for a pacifier per parent instruction.
- Make sure the lighting in the room allows the caregiver/teacher to see each infant's face, to view the color of the infant's skin, and to check on the infant's breathing and placement of the pacifier (if used).
- Change bedding between children, and if mats are used, sanitize them in between use.
- Check to ensure that the temperature in the room is comfortable for a lightly clothed adult. Check infants to ensure they are comfortably clothed and bibs, necklaces, and garments with ties or hoods are removed. Safe sleep sacks should be used in lieu of blankets.

- Remove soft or loose bedding away from sleeping infants and out of safe sleep environments. These include, but are not limited to bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, and soft toys.
- Directly observe infants by sight and sound, including when they are going to sleep, are sleeping, or are in the process of waking up.

### What Caregivers SHOULD NOT Do

- Allow blankets/items to be hung on the side of cribs. Loose or ill-fitting sheets have caused infants to be strangled or suffocated.
- Swaddle infants. Swaddling infants when they are in a crib is not necessary or recommended, but rather one-piece sleepers should be used.
- Use toys, including mobiles and other types of play equipment that are designed to be attached to any part of the crib. These items must be kept away from sleeping infants and out of safe sleep environments.

A caregiver trained in safe sleep practices and approved to care for infants should be always present in each room where there is an infant. This caregiver must remain alert and actively supervise sleeping infants in an ongoing manner and should check to ensure that the infant's head remains uncovered and re-adjust clothing as needed.

The construction and use of sleeping rooms for infants separate from the infant group room is not recommended due to the need for direct supervision. In situations where there are existing facilities with separate sleeping rooms, facilities have a plan to modify room assignments and/or practices to eliminate placing infants to sleep in separate rooms.

If you would like assistance in making sure your environment is following safe sleep practices, call CHILD Services in Sioux Falls at 605-312-8390 or in Aberdeen at 605-226-5675.

## Meet the Staff

### DIRECTOR

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### MANAGER

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Shawn Freudenthal

### COORDINATORS

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Nikki McLaughlin

Nancy Raether

Sharon Schmidt

### TRAINING STAFF

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### SANFORD CHILDREN'S CHILD SERVICES

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### EMAIL

- [childsrv@sanfordhealth.org](mailto:childsrv@sanfordhealth.org)
- [childservices.aberdeen@sanfordhealth.org](mailto:childservices.aberdeen@sanfordhealth.org)

### WEBSITE






- [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices)
- [www.sdece.org](http://www.sdece.org)



# FACE TO FACE Learning Opportunities




## General Classes





Classes for caregivers of all ages of children.

DATE & TIME	TITLE & DESCRIPTION	LOCATION	LICENSING/PATHWAYS
 Thursday, January 11 6 – 7 p.m.	<b><u>Make &amp; Take Visual Schedules</u></b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program	Sioux Falls	Age Appropriate Planning
 Thursday, January 11 7 – 8 p.m.	<b><u>Incorporating Social and Emotional Learning in the Classroom</u></b> Gain an understanding on how to integrate social and emotional learning into your everyday routines.	Sioux Falls	Guidance & Behavior Management
 Saturday, February 10 9 – 10 a.m.	<b><u>Enhancing Your Environment</u></b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.	Aberdeen	Age Appropriate Planning
 Saturday, February 10 11 a.m. – Noon	<b><u>Make &amp; Take – Visual Schedules</u></b> Learn about the importance of using a visual schedule in your daily routine and make your own to take back to your program.	Aberdeen	Age Appropriate Planning
 Tuesday, February 13 6:30 – 7:30 p.m.	<b><u>20 Positive Guidance Techniques</u></b> Everyone can use a toolkit of tips and tools to help guide children's emotional development and manage children's inappropriate behaviors.	Sioux Falls	Guidance & Behavior Management

## Infant/Toddler Classes



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

DATE & TIME	TITLE & DESCRIPTION	LOCATION	LICENSING/PATHWAYS
Thursday, January 25 6:30 – 7:30 p.m.	<b><u>A Bit About Biting</u></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.	Sioux Falls	Guidance & Behavior Management
 Thursday, January 25 7:30 – 8:30 p.m.	<b><u>Make &amp; Take – Sensory Bins for Infants</u></b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Sioux Falls	Age Appropriate Planning
 Tuesday, February 13 7:30 – 8:30 p.m.	<b><u>Make &amp; Take – Sensory Bins for Toddlers</u></b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Sioux Falls	Age Appropriate Planning
Tuesday, February 20 6 – 7 p.m.	<b><u>A Bit About Biting</u></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.	Aberdeen	Guidance & Behavior Management
 Tuesday, February 20 7 – 8 p.m.	<b><u>Make &amp; Take – Sensory Bins for Infants</u></b> Learn about the importance of sensory input and how sensory bins support children's development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen	Age Appropriate Planning

 Thursday, March 7 6 – 7 p.m.	<b>No More “No”</b> Learn about the power of choices to create a “yes” environment while supporting each child’s social and emotional development.	Aberdeen	Guidance & Behavior Management
 Thursday, March 7 7 – 8 p.m.	<b>Make &amp; Take – Sensory Bins for Toddlers</b> Learn about the importance of sensory input and how sensory bins support children’s development through the exploration of their senses and use of fine motor skills. Create your own sensory bin to take back to your classroom.	Aberdeen	Age Appropriate Planning
 Saturday, March 16 9 – 10 a.m.	<b>Peaceful Play &amp; Naptime Transitions</b> Discover effective ways to calm a child’s mind and body while preparing them for rest time. This class will provide ideas on scheduling, activities, and techniques to help rest time be as restful as possible for both the children and providers alike.	Vermillion	Age Appropriate Planning
 Saturday, March 16 10 – 11 a.m.	<b>No More “No”</b> Learn about the power of choices to create a “yes” environment while supporting each child’s social and emotional development.	Vermillion	Guidance & Behavior Management

## Preschool Classes

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

DATE & TIME	TITLE & DESCRIPTION	LOCATION	LICENSING/PATHWAYS
 Saturday, February 10 10 – 11 a.m.	<b>Make &amp; Take – Cozy Corner</b> Childcare instructors will learn about the purpose of a cozy corner, items to put in a cozy corner, and then make and take a cozy corner box to bring back to use with the children in their care.	Aberdeen	Age Appropriate Planning
 Wednesday, March 13 6 – 7 p.m.	<b>Make &amp; Take – Cozy Corner</b> Childcare instructors will learn about the purpose of a cozy corner, items to put in a cozy corner, and then make and take a cozy corner box to bring back to use with the children in their care.	Sioux Falls	Age Appropriate Planning

## OST Classes

Classes specific to care provided in out of school time settings.

DATE & TIME	TITLE & DESCRIPTION	LOCATION	LICENSING/PATHWAYS
Wednesday, March 13 7 – 8 p.m.	<b>Beyond Counting Heads</b> What do you do if you’re over ratio? How do you make sure everyone is accounted for after a transition? Learn why ratios are important and strategies for transitions.	Sioux Falls	Program Management & Regulation

## fitCare Classes

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

DATE & TIME	TITLE & DESCRIPTION	LOCATION	LICENSING/PATHWAYS
Monday, January 8 6:30 – 8:30 p.m.	<b>Sweet Dreams</b> Exploring strategies for sleep and relaxation.	Aberdeen	Program Health & Safety
Monday, January 15 6:30 – 8:30 p.m.	<b>Mindful Moments</b> Supporting children’s social and emotional development.	Aberdeen	Guidance & Behavior Management
Monday, January 22 6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting physical activity and development.	Aberdeen	Child Growth & Development
Monday, January 29 6:30 – 8:30 p.m.	<b>We are What We Eat</b> Creating healthy nutrition environments.	Aberdeen	Nutrition for Children
Wednesday, February 7 6:30 – 8:30 p.m.	<b>Sweet Dreams</b> Exploring strategies for sleep and relaxation.	Sioux Falls	Program Health & Safety

Wednesday, February 14 6:30 – 8:30 p.m.	<b>Mindful Moments</b> Supporting children's social and emotional development.	Sioux Falls	Guidance & Behavior Management
Wednesday, February 21 6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting physical activity and development.	Sioux Falls	Child Growth & Development
Wednesday, February 28 6:30 – 8:30 p.m.	<b>We are What We Eat</b> Creating healthy nutrition environments.	Sioux Falls	Nutrition for Children



## Saturday Spectacular

One-day event with classes for childcare providers on various ages and settings.

DATE & TIME	TITLE & DESCRIPTION	LOCATION	LICENSING/PATHWAYS
Saturday, February 10 9 – 10 a.m.	<b>Enhancing Your Environment</b> This class will help explain the importance of setting up your environment into different interest areas, such as dramatic play and block center, to help enhance social emotional and cognitive development in your childcare setting.	Aberdeen	Age Appropriate Planning
Saturday, February 10 10 – 11 a.m.	<b>Make &amp; Take – Cozy Corner</b> Childcare instructors will learn about the purpose of a cozy corner, items to put in a cozy corner, and then make and take a cozy corner box to bring back to use with the children in their care.		
Saturday, February 10 11 a.m. – Noon	<b>Make &amp; Take – 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.		
Saturday, March 16 9 – 10 a.m.	<b>Peaceful Play &amp; Naptime Transitions</b> Discover effective ways to calm a child's mind and body while preparing them for rest time. This class will provide ideas on scheduling, activities, and techniques to help rest time be as restful as possible for both the children and providers alike.	Vermillion	Age Appropriate Planning
Saturday, March 16 10 – 11 a.m.	<b>No More "No"</b> Learn about the power of choices to create a "yes" environment while supporting each child's social and emotional development.		Guidance & Behavior Management

## Certified First Aid Classes

The American Heart Association's Pediatric First Aid course trains participants how to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives.

DATE & TIME	LOCATION	LICENSING/PATHWAYS
Saturday, January 6 1 – 3:30 p.m.	Sioux Falls	Program Health & Safety
Saturday, February 3 1 – 3:30 p.m.	Sioux Falls	Program Health & Safety
Saturday, February 24 1 – 3:30 p.m.	Aberdeen	Program Health & Safety



## FACE TO FACE CLASS

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

# Adult/Child & Infant CPR/AED Classes

This 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 6 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Wednesday, January 17 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, January 20 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Saturday, February 3 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Tuesday, February 6 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, February 17 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Saturday, February 24 8:30 a.m. – Noon	Aberdeen	Program Health & Safety
Saturday, March 2 8:30 a.m. – Noon	Sioux Falls	Program Health & Safety
Tuesday, March 19 6:30 – 10 p.m.	Sioux Falls	Program Health & Safety
Saturday, March 30 8:30 a.m. – Noon	Sioux Falls	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.
- After completion of the online course, you will have 60 days to complete the face-to-face skill testing portion.
- Contact our office to schedule 1:1 skill testing. Certificate of completion of online course must be brought to skill testing.




### NEW FROM THE SIOUX FALLS DEPARTMENT OF HEALTH

Thank you for helping us make this last renewal season a success. We appreciate the teamwork! Now is also not too soon to be thinking about classwork for your 2024 renewal so please take a few minutes to look at your educational options. Happy New Year to you all!

# Online Learning Opportunities

## General Classes

Classes for caregivers of all ages of children.

DATE & TIME	TITLE & DESCRIPTION	LICENSING/PATHWAYS
Tuesday, January 16 6 – 7 p.m.	<b>Parent Communication Styles</b> Parents have a variety of personalities and communication styles. Learn different parent styles and tips to effectively communicate with parents.	Partnerships with Parents
Monday, February 5 6:30 – 7:30 p.m.	<b>Do Daily Schedules Matter?</b> Daily schedules are an important part of your program, learn how to create a developmentally appropriate schedule which will make everyone's day go smoother.	Program Management & Regulation
 Tuesday, March 5 6:30 – 7:30 p.m.	<b>Approaches to Learning</b> This class will help discover the importance of how children learn through different learning styles, problem solving skills, environments, and teaching methods.	Age Appropriate Planning
Tuesday, March 12 6 – 8 p.m.	<b>Developmentally Appropriate Practices</b> Explore planning methods that use program resources, materials, space, and personnel to appropriately promote children's development.	Program Management & Regulation


## Infant/Toddler Classes

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

DATE & TIME	TITLE & DESCRIPTION	LICENSING/PATHWAYS
Tuesday, January 16 7 – 8 p.m.	<b>Child Care Essentials: Reducing the Risk of SIDS</b> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Program Health & Safety
Monday, February 5 7:30 – 8:30 p.m.	<b>Prevention is Key! Understanding Behavior Management</b> This class focuses on de-escalation strategies and proactive solutions that teachers and other adults can use when working with children.	Guidance & Behavior Management

## Preschool Classes

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

DATE & TIME	TITLE & DESCRIPTION	LICENSING/PATHWAYS
 Tuesday, March 5 7:30 – 8:30 p.m.	<b>Worksheets Don't Work</b> Learn the importance of why worksheets are not always developmentally appropriate. Discover ways to focus on long-term understanding and bring fun, and exploration back into your classroom.	Age Appropriate Planning



## ONLINE CLASS POLICY

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

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:

- Log into class within 5 minutes of the class start time.
- Demonstrate attendance by participating in class polls and chats.
- Complete 1 learning statement at the end of the class.

# Resiliency Workshops

Learn simple skills to strengthen your mental wellness, regulate your nervous system, and apply to your daily life in this fun, interactive 2 hour workshop! Free to providers, and certificates will be provided to participants.

Virtual 2 Hour workshops will be held on

-Jan 18th 6:30-8:30 CST,

-March 21st 6:30-8:30pm CST and

-May 16th 6:30-8:30pm CST



**WORTHY WE**  
Worthy Well Empowered LLC

To register, contact  
your ECE Regional Coordinator at  
<https://sdece.org>  
or email Worthy WE at  
[welcome@worthywe.com](mailto:welcome@worthywe.com)  
[www.worthywe.com](http://www.worthywe.com)





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

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
SANFORD

RETURN SERVICE REQUESTED

**2024 TRAINING SCHEDULE**  
JANUARY/FEBRUARY/MARCH

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address  
city state zip