

SANFORD CHILDREN'S CHILD SERVICES

January – March 2026

IMPORTANCE OF UNDERSTANDING CHILD DEVELOPMENT



Child development refers to the process of acquiring knowledge and skills that all children go through. Each child is unique and goes through the developmental process according to their individual experiences and abilities.

Understanding the areas of child development and “how” children develop helps adults set age-appropriate expectations for children. Age-appropriate expectations promote emotional growth and positive self-esteem. Having expectations that are too high for a child’s developmental stage can create frustration for both the child and the adult.

Cognitive Development

Cognitive development is the ability to learn and solve problems. Infants start by learning to explore the environment with their senses (see, touch, taste, hear and smell). Toddlers are able to complete simple puzzles. Preschoolers are able to complete simple math problems.

Speech & Language Development

Speech and Language development is the ability to understand and use language. Infants start by cooing, babbling and crying. Toddlers repeat words or sentences that are frequently overheard. Preschoolers speak in full sentences and are able to hold brief conversations

Social Wellness & Emotional Wellness

Social wellness and emotional wellness is the ability to interact with others and use self-control. Infants recognize faces and develop attachment bonds. Toddlers show excitement around other children and are possessive of objects and people. Preschoolers develop friendships with other children.

Fine Motor

Fine Motor skill development is the ability to use small muscles (hands and fingers). Infants start by grasping objects with their entire hand. Toddlers use their hands to pick up and stack objects. Preschoolers are able to use their fingers to hold writing instruments.

Gross Motor

Gross Motor skill development is the ability to use large muscles (crawling and walking). Infants begin by holding their head up and progress to crawling. Toddlers begin cruising by using furniture or adult assistance, and progress to walking independently and eventually running and climbing. Preschoolers run, climb up and down objects and hop and jump.

When adults understand child development and set age-appropriate expectations, it reduces stress for the child and the adult. Understanding child development allows the adult to guide the child’s behavior in thoughtful and effective ways. These types of adults and child interactions are critical for promoting healthy development for children.

For more information on understanding child development and age-appropriate expectations, refer to the South Dakota Early Learning Guidelines at:

https://dss.sd.gov/docs/childcare/early_learning_guidelines.pdf

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WEBSITE

- www.sanfordhealth.org/CHILDServices



FACE TO FACE Trainings

General

Classes for caregivers of all ages of children

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Tuesday, February 17	6 – 7 p.m.	<u>Being a Better Team Player</u> Teams work better when all players know the game-plan. Providers will learn how to support coworkers, share responsibilities, and build a positive team culture.	Professionalism & Leadership	Sioux Falls
Tuesday, February 17	7 – 8 p.m.	<u>Mandated Reporting and Protecting Children</u> Recognize and respond to signs of abuse and neglect, understand your role as a mandated reporter, and build confidence in taking action. Learn self-care and how to support colleagues through the emotional challenges of this responsibility. <i>To help answer questions you may have, this class will be taught alongside a licensing specialist.</i>	Health, Safety & Nutrition	Sioux Falls
Wednesday, March 18	6:30 – 7:30 p.m.	<u>Supervision and Transitions Made Simple</u> An interactive class to help build safer, calmer, and more organized classrooms. Learn six active supervision strategies and practical tools for smooth, developmentally appropriate transitions to support children's safety, cooperation, and independence.	Learning, Environment, Planning and Curriculum	Sioux Falls

Infant/Toddler

Classes with an emphasis on caring for children birth to two years old

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Wednesday, January 28	6:30 – 7:30 p.m.	<u>A Bit About Biting</u> 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.	Child Guidance & Emotional Well-Being	Sioux Falls
Wednesday, January 28	7:30 – 8:30 p.m.	<u>Connection Seeking Behaviors</u> We often hear the term attention seeking in reference to children's behavior. This class will focus on rephrasing this to connection seeking. Learn about what connection seeking means and strategies to respond.	Child Guidance & Emotional Well-Being	Sioux Falls
Thursday, February 5	6 – 7 p.m.	<u>Child Care Essentials: Reducing the Risk of SIDS</u> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Health, Safety & Nutrition	Sioux Falls
Thursday, February 5	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.	Health, Safety & Nutrition	Sioux Falls

Saturday, February 7	9 – 10 a.m.	Calm During the Storm Recognize signs of emotional flooding in children. Learn how to become an external regulator for children, calming experiences of overwhelm and increasing adaptability.	Health, Safety & Nutrition	Vermillion
Saturday, February 7	10 – 11 a.m.	Setting Correct Expectations Gain insight into setting appropriate expectations for young learners. Developmentally appropriate practices will guide our discussion and help us reflect on the expectations we have for the children in our care.	Child Growth & Development	Vermillion
Saturday, March 28	9 – 10 a.m.	Calm During the Storm Recognize signs of emotional flooding in children. Learn how to become an external regulator for children, calming experiences of overwhelm and increasing adaptability.	Health, Safety & Nutrition	Mitchell
Saturday, March 28	10 – 11 a.m.	Setting Correct Expectations Gain insight into setting appropriate expectations for young learners. Developmentally appropriate practices will guide our discussion and help us reflect on the expectations we have for the children in our care.	Child Growth & Development	Mitchell

Preschool

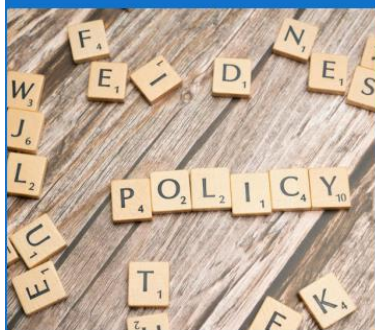
Classes specific to care provided in out of school time settings

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Wednesday, January 21	6:30 – 7:30 p.m.	Preschool Development & Temperament Learn about preschool age children's development and their various temperaments.	Child Growth & Development	Sioux Falls
Wednesday, January 21	7:30 – 8:30 p.m.	Manners Matter Taking turns, sharing, & basic courtesy are all skills needed for social competence. Learn strategies to help preschoolers develop prosocial behaviors.	Child Guidance & Emotional Well-Being	Sioux Falls

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Classes specific to care provided in out of school time settings

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY	LOCATION
Wednesday, March 18	7:30 – 8:30 p.m.	Schedules & Routines Learn how to create a schedule that incorporates routines for your school-age programs.	Learning, Environment, Planning and Curriculum	Sioux Falls



CHILD SERVICES CLASS POLICIES

- All participants are required to personally call and register for all classes. Registration on behalf of others, including co-workers, is not permitted.
- Participants are expected to arrive or sign in no later than 10 minutes after the scheduled start time. Those arriving after this period will not be permitted to attend the class.
- In order to maintain an appropriate learning environment for classes, children are not allowed to attend classes.

Certified First Aid

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.

CKC Category: Health, Safety & Nutrition



DATE	TIME	LOCATION
Saturday, February 21	1 – 3:30 p.m.	Aberdeen
Saturday, March 14	1 – 3:30 p.m.	Sioux Falls



Adult/Child & Infant CPR/AED

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

CKC Category: Health, Safety & Nutrition

DATE	TIME	LOCATION	DATE	TIME	LOCATION
Tuesday, January 13	6:30 – 10 p.m.	Sioux Falls	Saturday, February 21	8:30 a.m. – Noon	Aberdeen
Tuesday, January 27	6:30 – 10 p.m.	Sioux Falls			
Saturday, February 7	8:30 a.m. – Noon	Sioux Falls			
Saturday, February 28	8:30 a.m. – Noon	Sioux Falls			
Saturday, March 14	8:30 a.m. – Noon	Sioux Falls			
Monday, March 16	6:30 – 10 p.m.	Sioux Falls			



NEWS FROM THE CITY OF SIOUX FALLS

City of Sioux Falls would like to remind Sioux Falls family childcare providers that City Ordinance determines what is allowed for provider to infant ratios. Ordinance states that each provider (and registered helper) is allowed to care for four children under the age of 2 and two of those can be under the age of 1. While state licensing is encouraged by the City of Sioux Falls, it is ordinance that sets the regulatory guidelines for in-home daycares inside the city limits of Sioux Falls. If you have questions on this or for any other requirements, please call our office at 605-367-8760.



Sanford Children's CHILD Services

Did you know, if your child care program is licensed or registered with the state of South Dakota you belong to the South Dakota ECE System?

These services are available to you! Call your local ECE office for more information.

Educational Opportunities

Trainings are accessible to child care providers across the state of South Dakota through in-person, online and on-site delivery.

Technical Assistance

A collaborative, problem-solving process between the provider and CHILD Services staff. Includes consultations, coaching, modeling, observation and support.

Temperament Program

Collaborative approach between parents, child care providers and ECE staff to understand a child's temperament.

Child Development Associate

A credential is a nationally recognized early childhood professional credential administered by the Council for Professional Recognition.

Social Emotional Program

Support to child care providers and parents involving children who exhibit challenging behaviors or developmental concerns.

REGION 1: EARLY CHILDHOOD CONNECTIONS

3645 Sturgis Rd, Suite 110
Rapid City, SD 57702
(605) 342-6464

REGION 2: THE RIGHT TURN, INC.

115 E Sioux Ave
Pierre, SD 57501
(605) 773-4755

REGION 3: SANFORD CHILDREN'S CHILD SERVICES

2905 3rd Ave SE
Aberdeen, SD 57401
(605) 226-5675

REGION 4: CHILD & FAMILY RESOURCE NETWORK

South Dakota State University, PO Box 2218
Brookings, SD 57007
(605) 688-5730

REGION 5: SANFORD CHILDREN'S CHILD SERVICES

5015 S. Western Ave. Suite. 120
Sioux Falls, SD 57108
(605) 312-8390



ONLINE Trainings

Infant/Toddler

Classes with an emphasis on caring for children six weeks to three years old

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Monday, January 5	6 – 7 p.m.	<u>Clingy Babies and Toddlers? Build a Circle of Security</u> 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.	Child Guidance and Emotional Well-Being
Monday, January 5	7 – 8 p.m.	<u>Safe Infant Sleep Environments</u> Learn to identify common hazards of infant sleep environments and safe sleep practices for injury prevention.	Health, Safety & Nutrition
Saturday, February 14	9 – 10 a.m.	<u>Explore and Play Throughout the Day with Infants and Toddlers</u> Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	Learning, Environment, Planning and Curriculum
Saturday, February 14	10 – 11 a.m.	<u>Nurturing Environments</u> Providing a nurturing environment that helps children develop trust through acceptance and love.	Learning, Environment, Planning and Curriculum

Family Child Care

Classes specific to childcare providers in family childcare settings

DATE	TIME	TITLE & DESCRIPTION	CKC CATEGORY
Wednesday, March 4	6:30 – 7:30 p.m.	<u>Caring for Children in Multi-Age Groups</u> Explore the advantages and challenges of caring for children of different ages.	Child Growth & Development
Wednesday, March 4	7:30 – 8:30 p.m.	<u>Guidance for All Ages</u> 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.	Child Guidance & Emotional Well-Being



Online Class Policy

Participants are emailed the class link, with instructions, within 24 hours prior to scheduled class start time. 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 all polls at the end of the class.



SOUTH DAKOTA
**EARLY
CHILDHOOD
ENRICHMENT**

SOUTH DAKOTA ECE RESOURCES

Stop the endless searching. South Dakota ECE Resources
puts all your ECE answers in one convenient place.

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- Family engagement strategies
- Teacher resources
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WWW.SDECERESOURCES.ORG



Recognizing and empowering early childhood and school-age educators in their professional development journey.

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as an early childhood and school age care educator.

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as an educator who has made a commitment to continued professional growth and development.

Be celebrated!

Pathways elevates awareness among parents, employers, and the community of the important roles that early childhood and school-age care educators play within communities across South Dakota.

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

RETURN SERVICE REQUESTED

2026 TRAINING SCHEDULE

JANUARY/FEBRUARY/MARCH