

CHILD SERVICES OF Sioux Falls

■ MARCH, APRIL, MAY
■ REGION FIVE

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Children & Stress: What is stress?



What is stress?

Stress is the body's reaction to change, adjustments, and difficult life circumstances. We often think of stress as a "bad" or "negative" experience. However, stress can be positive and a learning experience. Think about stress in terms of these three categories:

Positive: A normal and essential part of healthy development. For example, the first day in a new classroom or getting the flu shot.

Tolerable: Usually buffered by nurturing relationships and the body recovers from any harmful effects.

Toxic: Strong, frequent, and prolonged stress or adversity. For example, neglect, abuse, caregiver substance abuse or other ongoing harmful effects. Toxic stress is not easily buffered because positive, nurturing relationships may not be present.

Warm and nurturing relationships between children and adults are the most important factor in developing resilience and overcoming potential negative effects of stress. Resilience is the ability for individual to bounce back from stress and adversity. Resilience occurs in our lives when the good factor outweighs the bad.

Identifying stress in young children

Stress in children looks and feels a lot different than in adults. It is important to be aware of signs and symptoms of childhood stress because early intervention is key!

Loss of appetite

Regressing to a younger age or previous behaviors

Clinginess

Crying or screaming a lot

More aggressive behaviors

Difficulty sleeping or sleeping more than usual

Complaining of physical pain (headache, stomach ache)

Not wanting to participate or withdrawing

Self-soothing behaviors (nail biting, hair twirling, etc.)

Tips to reducing stress

Maintain a normal structure and routine.

Get down at the child's level to play and interact.

Demonstrate sensitivity and validation of children's needs and feelings.

Help children feel safe, protected, and valued.

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
Thursday, March 12 6:30 – 7:30 p.m.	Teaching Valuable Social Skills The preschool years are an important period for emotional development; help them build positive social and problem-solving skills.	\$0	Dell Rapids	Child Growth & Development
Thursday, March 12 7:30 – 8:30 p.m.	Nuts and Bolts of Temperament Children's individual temperaments cause them to react and respond differently. Explore how to care for children of varying temperaments.	\$0	Dell Rapids	Guidance & Behavior Management
Monday, April 20 6:30 – 7:30 p.m.	Take Time to Breathe Learn ways to relieve your stress in the midst of your chaotic day.	\$5	Online	Professionalism
Thursday, April 30 7:30 – 8:30 p.m.	Dealing with Feelings Discuss methods for teaching children to identify & constructively deal with their emotions.	\$0	Sioux Falls	Guidance & Behavior Management
Tuesday, May 5 7 – 8 p.m.	Transition Magician Learn how to provide effective transition techniques to guide behavior and make the day run smoother.	\$0	Sioux Falls	Guidance & Behavior Management
Tuesday, May 26 6:30 – 7:30 p.m.	1-2-3 Science Learn to integrate science concepts, exploration, and developmentally appropriate activities into children's daily experiences.	\$5	Online	Learning Environments
Tuesday, May 26 7:30 – 8:30 p.m.	De-Stress Your Lesson Planning 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

Early Learning Guidelines for Caregivers (Q)

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

Tuesday, May 5 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.	\$5	Online	Age Appropriate Planning
Tuesday, May 12 7:30 – 9 p.m.	Social & Emotional Development Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	\$5	Online	Guidance & Behavior Management
Tuesday, May 19 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.	\$5	Online	Interpersonal Communication & Relationships
Tuesday, May 26 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.	\$5	Online	Child Growth & Development

Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/PATHWAYS
Thursday, April 30 6:30 – 7:30 p.m.	Emotion Motion Learn how to teach children to be more aware of their bodies' response to stress and ways to help them calm themselves down.	\$0	Sioux Falls	<i>Guidance & Behavior Management</i>
INFANT/TODDLER ENTRY LEVEL SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, April 7 7:30 – 9 p.m.	Importance of Relationships Social emotional development begins at birth & continues throughout life, providing a foundation for meaningful relationships & learning.	\$5	Online	Guidance & Behavior Management
Tuesday, April 14 7:30 – 9 p.m.	Creating Supportive Environments & Routines Explore ways to create meaningful & engaging learning spaces which promote social emotional development & support appropriate behaviors.	\$5	Online	Learning Environments
Tuesday, April 21 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.	\$5	Online	Guidance & Behavior Management
Tuesday, April 28 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.	\$5	Online	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.				
Thursday, March 5 7:30 – 9 p.m.	Importance Of Relationships Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, March 12 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.	\$5	Online	<i>Learning Environments</i>
Thursday, March 19 7:30 – 9 p.m.	Social Emotional Teaching Strategies Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.	\$5	Online	<i>Guidance & Behavior Management</i>
Thursday, March 26 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.	\$5	Online	<i>Guidance & 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
Monday, April 13 6:30 – 7:30 p.m.	Be Intentional With Playful Planning Learn how planning, observing and guiding children's play can help you achieve developmental and curriculum benchmarks.	\$5	Online	Age Appropriate Planning
Monday, May 18 6:30 – 7:30 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.	\$0	Sioux Falls	Guidance & Behavior Management
INFANT/TODDLER ENTRY LEVEL SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, March 3 7:30 – 9 p.m.	Ages Of Infancy Developmental needs of infants and toddlers as they grow and explore.	\$5	Online	Child Growth & Development
Tuesday, March 10 7:30 – 9 p.m.	Social Emotional Development: Understanding Temperament Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.	\$5	Online	Guidance & Behavior Management
Tuesday, March 17 7:30 – 9 p.m.	How Young Children Learn: Appropriate Environments For Infants & Toddlers Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.	\$5	Online	Age Appropriate Planning
Tuesday, March 24 7:30 – 9 p.m.	Health & Safety For Infants & Toddlers Best basic health and safety practices in infant and toddler care.	\$5	Online	Program Health & Safety

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
Monday, March 9 7 – 8 p.m.	Circle Time Without Chaos Intentionally plan your circle time to reduce challenging behaviors and better engage children while they learn new concepts & skills.	\$0	Sioux Falls	Age Appropriate Planning
PRESCHOOL ENTRY LEVEL SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Thursday, May 7 7:30 – 9 p.m.	Child Growth & Development Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	<i>Child Growth & Development</i>
Thursday, May 14 7:30 – 9 p.m.	Behavior Management & Guidance Using positive guidance techniques and establishing a program climate that promotes positive behavior.	\$5	Online	<i>Guidance & Behavior Management</i>

Thursday, May 21 7:30 – 9 p.m.	Program Health & Safety Understand the importance of promoting and teaching practices that keep children safe and healthy.	\$5	Online	<i>Program Health & Safety</i>
Thursday, May 28 7:30 – 9 p.m.	Social Interactions & Learning Environments Supporting children's individual needs through learning environments and relationships.	\$5	Online	<i>Learning Environments</i>
PRESCHOOL BEST PRACTICE SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Thursday, April 2 7:30 – 9:30 p.m.	Best Practices In Preschool Cultural Diversity Cultural continuity and building partnerships with parents; incorporating cultural practices in caregiving.	\$5	Online	<i>Cultural Diversity</i>
Thursday, April 9 7:30 – 9:30 p.m.	Developmentally Appropriate Preschool Curriculum Planning a developmentally appropriate curriculum that builds on children's needs and interests.	\$5	Online	<i>Age Appropriate Planning</i>
Thursday, April 16 7:30 – 9:30 p.m.	The Role Of Observation, Documentation, & Assessment Best practices in implementing observation, documentation and assessment tools & techniques for preschool children.	\$5	Online	<i>Observing Children</i>
Thursday, April 23 7:30 – 9:30 p.m.	Appropriate Guidance & Promoting Behavior Understanding preschooler's behavior; ways to provide positive guidance & build conflict resolution skills.	\$5	Online	<i>Guidance & Behavior Management</i>

Management Learning Opportunities

Classes with an emphasis on managing child care programs.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/PATHWAYS
Tuesday, March 3 6:30 – 7:30 p.m.	Building a Policy; Physical Activity Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on physical activity.	\$0	Online	Professionalism
SATURDAY SEPCTACULAR				
Saturday, May 2 9 – 10 a.m.	Active Supervision Learn strategies that make active supervision effective in childcare settings. Understand how active supervision contributes to children's overall wellbeing.	\$0	Sioux Falls	Program Management & Regulations
Saturday, May 2 10:15 – 11:15 a.m.	Managing Challenging Staff Behaviors Learn the do's and don'ts in a difficult conversation. How to prepare and open up the communication and how to close the conversation with an employee. Learn what to watch out for and how to follow up after the conversation. Candace Smith, Sanford HR Employee Relations Specialist	\$0	Sioux Falls	Interpersonal Communication & Relationships

Saturday, May 2 11:30 a.m. – 12:30 p.m.	Bring your A Game Attitude: Making a choice to have a positive attitude is the foundation that all of the other workplace skills are built on. Make a commitment to your own personal responsibility. Guest Speaker: Kathy Jo Haugan, M.S. is the owner of Out Source Projects, Inc.	\$0	Sioux Falls	Professionalism
MANAGEMENT SERIES				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Monday, February 24 7:30 – 9 p.m.	Management Fundamentals Learn about the importance of effective program management and explore how it affects the childcare setting.	\$5	Online	Program Management & Regulations
Monday, March 2 7:30 – 9 p.m.	Fiscal Fundamentals Learn about tools to help childcare programs plan, monitor & track income and expenses. Explore budgets, balance sheets, profit & loss, and more.	\$5	Online	Program Management & Regulations
Monday, March 9 7:30 – 9 p.m.	Human Resources Fundamentals Learn about staff recruitment, retention, training and staff evaluations to maintain a successful childcare program.	\$5	Online	Program Management & Regulations
Monday, March 16 7:30 – 9 p.m.	Power of Partnerships 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
Monday, March 16 7 – 8 p.m.	Friendship Across Cultures Encourage and support friendships between school-age children who speak different languages, and honor all cultures represented in your program.	\$0	Sioux Falls	Cultural Diversity
OUT OF SCHOOL TIME BEST PRACTICE				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Thursday, March 5 7:30 – 9:30 p.m.	Building Relationships with Communities, Families And Schools Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Interpersonal Communication & Relationships
Thursday, March 12 7:30 – 9:30 p.m.	Observation, Assessment and Inclusion The importance of observations and assessment to support all OST children in an inclusive setting.	\$5	Online	Child Growth & Development
Thursday, March 19 7:30 – 9:30 p.m.	Developmentally Appropriate Planning and Curriculum Learn how planning high quality program activities and experiences will promote children's success.	\$5	Online	Age Appropriate Planning
Thursday, March 26 7:30 – 9:30 p.m.	Guidance And Behavior Management 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, April 7 6:30 – 8:30 p.m.	Be fit ... RECHARGE Your Energy Learn about what it means to be <i>fit</i> as well as ways to ensure children get their rest and relaxation, so they have the energy to make healthy choices.	\$0	Sioux Falls	<i>Program Health & Safety</i> <i>Learning Environments</i>
Tuesday, April 14 6:30 – 8:30 p.m.	Motivate Your MOOD Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.	\$0	Sioux Falls	<i>Guidance & Behavior Management</i> <i>Age Appropriate Activities</i>
Tuesday, April 21 6:30 – 8:30 p.m.	Think Your FOOD Food habits start early in life. Learn how to teach children about making healthy food choices.	\$0	Sioux Falls	<i>Nutrition for Children</i> <i>Learning Environments</i>
Tuesday, April 28 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Sioux Falls	<i>Child Growth & Development</i> <i>Age Appropriate Activities</i>
Wednesday, May 6 6:30 – 8:30 p.m.	Be fit ... RECHARGE Your Energy Learn about what it means to be <i>fit</i> as well as ways to ensure children get their rest and relaxation, so they have the energy to make healthy choices.	\$0	Sioux Falls	<i>Program Health & Safety</i> <i>Learning Environments</i>
Wednesday, May 13 6:30 – 8:30 p.m.	Motivate Your MOOD Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.	\$0	Sioux Falls	<i>Guidance & Behavior Management</i> <i>Age Appropriate Activities</i>
Wednesday, May 20 6:30 – 8:30 p.m.	Think Your FOOD Food habits start early in life. Learn how to teach children about making healthy food choices.	\$0	Sioux Falls	<i>Nutrition for Children</i> <i>Learning Environments</i>
Wednesday, May 27 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Sioux Falls	<i>Child Growth & Development</i> <i>Age Appropriate Activities</i>
Tuesday, March 10 6:30 – 8:30 p.m.	Think Your FOOD See above for class descriptions.	\$0	Online	<i>Nutrition for Children</i> <i>Learning Environments</i>
Tuesday, May 12 6:30 – 8:30 p.m.	Think Your FOOD See above for class descriptions.	\$0	Online	<i>Nutrition for Children</i> <i>Learning Environments</i>
Thursday, March 19 6:30 – 8:30 p.m.	MOVE Your Body See above for class descriptions.	\$0	Sioux Falls	<i>Child Growth & Development</i> <i>Age Appropriate Activities</i>
fitCare Technical Assistance	<u>Taking a fitCare class is required to participate</u> Complete a fitCare self-assessment, determine a goal and receive technical assistance with individual coaching to help develop an action plan to reach your goal.	Licensing Credit Available	<i>Categories determined based on Action Plan</i>	fitCare Technical Assistance

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 ENTRY LEVEL SERIES				
(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, April 28 7:30 – 9 p.m.	Keeping It Safe & Healthy Best basic health and safety practices for your children, environment, and family childcare program.	\$5	Online	Program Health & Safety
Tuesday, May 5 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.	\$5	Online	Child Growth & Development
Tuesday, May 12 7:30 – 9 p.m.	It All Begins with Relationships Appropriate, respectful & responsive care based on individual children's needs; positive communication & relationships with children & families.	\$5	Online	Interpersonal Communication & Relationships
Tuesday, May 19 7:30 – 9 p.m.	The Business of Family Child Care 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
Thursday, March 12 6:30 – 7:30 p.m.	Teaching Valuable Social Skills The preschool years are an important period for emotional development; help them build positive social and problem-solving skills.	\$0	Dell Rapids	Child Growth & Development
Thursday, March 12 7:30 – 8:30 p.m.	Nuts and Bolts of Temperament Children's individual temperaments cause them to react and respond differently. Explore how to care for children of varying temperaments.	\$0	Dell Rapids	Guidance & Behavior Management
Saturday, March 28 8:30 a.m. – Noon	CPR See Page 12 for CPR payment/refund policy along with more information.	\$20	Vermillion	Program Health & Safety
Saturday, April 18 8:30 a.m. – Noon	CPR See Page 12 for CPR payment/refund policy along with more information.	\$20	Mitchell	Program Health & Safety

e-Learning Online Opportunities

REQUIREMENTS: Computer with internet connectivity, Adobe Flash Player 10.1 or higher, Free Flash Player – download at www.adobe.com. Due to technical incompatibility, do not use smart phones to access online classes

E-LEARNING ONLINE CLASS POLICY

Class registration is closed 48 hours prior to scheduled class start time.

Monday class registration is closed 5 p.m. on the Thursday prior to the class.

Online classes are \$5 per class hour.

Class registration is secured once payment is received.

Class participants are emailed the class link within 24 hours prior to schedule class start time.

Class credit: Credit is given once all class requirements are completed:

Log into class within 5 minutes of the class start time.

Demonstrate attendance by participating in class polls and chats

Complete 3 learning statements at the end of the class.

Refunds: No cash refunds are given for online classes. Credit will be given towards another online class if cancellation is received 24 hours prior to class.

e-Learning Online Opportunities

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

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/PATHWAYS
Monday, April 13 6:30 – 7:30 p.m.	Be Intentional with Playful Planning Helps use observation and goal setting to intentionally set up the environment to maximize learning opportunities and interactions	\$5	Online	<i>Age Appropriate Planning</i>
Monday, April 20 6:30 – 7:30 p.m.	Take Time to Breathe Learn ways to relieve your stress in the midst of your chaotic day.	\$5	Online	<i>Professionalism</i>
Tuesday, May 26 6:30 – 7:30 p.m.	1-2-3 Science Learn to integrate science concepts, exploration, and developmentally appropriate activities into children's daily experiences.	\$5	Online	<i>Learning Environments</i>
Tuesday, May 26 7:30 – 8:30 p.m.	De-Stress Your Lesson Planning Take the stress out of creating effective lesson plans through developing a deeper understanding of your children's goals and abilities.	\$5	Online	<i>Age Appropriate Planning</i>
MORE E-LEARNING ONLINE OPPORTUNITIES IN THIS NEWSLETTER				
Infant Toddler Entry Level Series · See page 4 for more information			Online	Various Categories
Preschool Entry Level Series · See page 4-5 for more information			Online	Various Categories
Family Day Care Entry Level Series · See page 8 for more information			Online	Various Categories
Preschool Best Practice Series · See page 5 for more information			Online	Various Categories
Out of School Time Best Practice Series · See page 6 for more information			Online	Various Categories
Social Emotional Infant Toddler Series · See page 3 for more information			Online	Various Categories
Social Emotional Preschool Series · See page 3 for more information			Online	<i>Various Categories</i>
Management Series · See page 6 for more information			Online	<i>Various Categories</i>
fitCare Classes · See page 7 for more information			Online	<i>Various Categories</i>

ECE Class Policy

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.

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.

South Dakota Early Childhood Education Conference

April 23-25, 2020

Sioux Falls, SD

Sioux Falls Convention Center

Find more information at www.sdaeyc.org/conferences

Saturday Spectacular

A one-day event with classes for caregivers of all ages and all settings. Registration space is limited. Pre-registration is required.

Saturday, May 2, 2020

9 a.m. – 12:30 p.m. (Sign-in begins at 8:30 a.m.)

- Active Supervision
- Managing Challenging Staff Behaviors
- Bring Your A Game

Sanford USD Medical Center,
Schroeder Auditorium
Sioux Falls, SD

Free (3 hours of licensing-approved training available.)

South Dakota Early Childhood Enrichment

All new staff can access a revised online classroom to complete the orientation training. The new classroom has more interactive features and additional learning feedback

To create your account:

Navigate to www.sdstate.edu/tll/fm

Click on online orientation to child care

Click on log in

CDA Eligibility Class Enrollment Requirements

Personal

18 Years of age or older High School diploma or equivalent

Be able to speak, read and write well enough to fulfill responsibilities of a CDA candidate

Sign a statement of ethical conduct

Experience

Have 480 hours of experience working with children with children within the last 3 years

Observation Setting:

Able to observed working in one of the following child care settings

Center-based infant/toddler (birth to age 3)

Family day care (birth through age 5)

Home Visitor





Meet the Staff

ECE REGION 5 DIRECTOR
Dianna Rajski

CHILD MANAGER
Terra Johnson

CHILD SUPERVISOR
Margie Schade
Casey Johnston

INFANT TODDLER
SPECIALIST
Naomi Hoffman

TRAINING STAFF
Jessica Stokes
Katrina Anderson
Mindy Greenfield
Nancy Raether
Sara Tirrel
Sarah Shin
Sue Illg
Teri Pieters

SANFORD CHILDREN'S
CHILD SERVICES
5015 S Western Ave
Suite 120
Sioux Falls, SD 57108
Phone: (605) 312-8390

CHILD SERVICES
OFFICE HOURS
Monday-Friday,
8 a.m. – 5 p.m.

EMAIL
childsrv@sanfordhealth.org

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

CDA Renewal

CDA renewal fee is \$150 for paper renewal applications and \$125 for online renewal applications submitted through Your CDA

When do I need to renew my CDA?

A CDA Credential is valid for three years from the date of award, each Credential issued after June 1, 2013 will need to be renewed every three years. Please remember, it is your responsibility to keep track of when you need to renew your CDA. Sanford Children's CHILD Services doesn't maintain renewal dates and will not be notifying you when your expiration is drawing near. You can go to www.cdacouncil.org and find out how to renew your certification.

Extended Learning Opportunities

Take any of the classes in this section and add on the option to have a CHILD Services staff come to your work site and assist you in putting your learning into your daily work with children.

Ready to Apply?

Finished face-to-face CDA Classes and ready to apply for your CDA credential?

CHECKLIST:

- Complete your bookwork
- Complete your Professional Portfolio (Competency Statements, Resource Collection Items, Family Questionnaires, Professional Philosophy Statement)
- Make sure classes are paid in full
- Get transcript from CHILD Services
- Choose a Professional Development Specialist
- Apply to National CDA Council

For application guidance go to www.cdacouncil.org

Call (605) 312-8390 or (800) 235-5923 to review your checklist.

2020 TRAINING SCHEDULE

MARCH / APRIL / MAY

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:

Saturday, March 7 | 8:30 – Noon
 Tuesday, March 24 | 6:30 – 10 p.m.
 Saturday, March 28 | 8:30 – Noon
 Saturday, April 4 | 8:30 – Noon
 Saturday, April 18 | 8:30 – Noon
 Saturday, April 18 | 8:30 – Noon
 Tuesday, April 28 | 6:30 – 10 p.m.
 Saturday, May 9 | 8:30 – Noon
 Saturday, May 16 | 8:30 – Noon
 Tuesday, May 19 | 6:30 – 10 p.m.

Location:

Sioux Falls
 Sioux Falls
 Vermillion
 Sioux Falls
 Mitchell
 Sioux Falls
 Sioux Falls
 Sioux Falls
 Sioux Falls
 Sioux Falls

Fee/Class:

\$20
 \$20
 \$20
 \$20
 \$20
 \$20
 \$20
 \$20
 \$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:

Tuesday, April 7 | 6:30 p.m. – 9 p.m.

Location:

Sioux Falls

Fee/Class:

\$20

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