

CHILD SERVICES OF Sioux Falls

■ JANUARY, FEBRUARY & MARCH
■ REGION FIVE

This publication was funded by the Department of Social Services, Child Care Services.

SELF-CARE: MANAGING STRESS IN YOUR DAY



Working with children requires patience, flexibility, and creativity. It also requires the ability to manage stress as you encounter various challenging moments in your day. Unmanaged stress can wreak havoc on your physical health and emotional balance, making it hard for you to take care of yourself and others.

Symptoms of Stress

Throughout your day, you may experience stressful situations with parents, co-workers, or children at childcare and in your personal life. Do you experience these common signs of stress?

- Tense shoulders
- Clenched jaw
- Headache
- Increased heart rate
- Feeling irritable and short tempered

If so, it is important to have some simple stress management tips to use when these moments occur.

Stress Management Tips

Try the following tips when you start feeling the symptoms of stress:

- Deep breaths. Taking a few deep breaths can quickly help relieve your stress. Breathe deeply through your nose and let your shoulders rise; then exhale through your mouth and let your shoulders relax.
- Shoulder rolls. Take a few seconds and roll your shoulders backwards and then forwards; this helps relieve tension.
- Keep things in perspective. Pause in the moment and ask yourself, "Will this issue still matter next week? Next month? In a year?" If the answer is no, take a deep breath and remind yourself that the issue at hand is temporary and not worth the emotional energy you are giving it. Keeping things in perspective is crucial to managing stress.
- Manage your self-talk. One of the hardest things to do is manage your own self-talk. Negative thinking increases your focus on what irritates and stresses you. Turn negative thoughts around by focusing on what is going right.
- Accept things beyond your control. Instead of stressing over what someone else is doing, focus on what you can control - *your* reaction to the person or situation.

Manage your stress throughout the day so you only have stressful moments, instead of stressful days.

Meet the Staff

ECE REGION 5 DIRECTOR

Dianna Rajski

CHILD MANAGER

Terra Johnson

ADMINISTRATIVE ASSISTANTS

Rachelle Borah
Rebecca Hinton
Lisa Oligmueller

CHILD SUPERVISORS

Mindy Greenfield
Margie Schade
Sarah Shin
Janie Steckley

TRAINING STAFF

Katrina Anderson
Misty Barber
Sue Illg
Britney Kullander
Teri Pieters
Nancy Raether
Sarah Shin
Jessica Stokes
Sara Tirrel

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)



SANFORD
Children's

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
Tuesday, February 22 7:30 – 8:30 p.m.	Guiding Children's Behaviors Caregivers guide children's behaviors every day. Learn strategies to help children learn to be in charge of and responsible for their own behaviors.	\$5	Online	Guidance & Behavior Management
Tuesday, March 8 7:30 – 8:30 p.m.	Identify and Address Developmental Delays Learn about the importance of child development, identifying potential warning signs, and your role in communicating with families.	\$0	Sioux Falls	Guidance & Behavior Management
Tuesday, March 15 6:30 – 7:30 p.m.	Making Connections What's going on in the brain during play? Learn how early experiences can help make and strengthen brain connections.	\$5	Online	Age Appropriate Planning

INS AND OUTS OF LESSON PLANNING

(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, February 1 7:30 – 9 p.m.	Lesson Plan Basics Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$5	Online	Program Management & Regulations
Tuesday, February 8 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.	\$5	Online	Child Growth & Development
Tuesday, February 15 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.	\$5	Online	Observing Children
Tuesday, February 22 7:30 – 9 p.m.	Purposeful Activities Bring together all the lesson planning pieces and share creative ideas that have worked (Birth to age 8 focused).	\$5	Online	Age Appropriate Planning

Early Learning Guidelines for Caregivers

(Q) Training series identified in proposed South Dakota QRIS Framework. Location details given upon registration.

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	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, January 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
Wednesday, January 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
Wednesday, January 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
Wednesday, January 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

Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children six weeks to three year olds. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, February 22 6:30 – 7:30 p.m.	Typical Sexual Development in Children Young children are curious about everything - including their own bodies. Discover how to help young children learn about sexual development in a safe and thoughtful way	\$5	Online	Child Growth & Development
Saturday, March 5 9 – 10:30 a.m.	Using Books for Infant & Toddler Social Emotional Development Infants and toddlers have lots of big feelings! In this class you will receive high-quality books and book nooks which have hands on activities to support infant and toddler social and emotional skill building.	\$0	Sioux Falls	Guidance & Behavior Management
Tuesday, March 8 6:30 – 7:30 p.m.	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.	\$0	Sioux Falls	Guidance & Behavior Management
Tuesday, March 15 7:30 – 8:30 p.m.	Serve and Return Learn what serve and return is in childcare and the developmental benefits it has on young children.	\$5	Online	Interpersonal Communication & Relationships

INFANT/TODDLER 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
Wednesday, February 2 7:30 – 9 p.m.	Ages of Infancy Developmental needs of infants and toddlers as they grow and explore.	\$5	Online	Child Growth & Development
Wednesday, February 9 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
Wednesday, February 16 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
Wednesday, February 23 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

INFANT/TODDLER BEST PRACTICE 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
Wednesday, March 2 7:30 – 9:30 p.m.	Continuity of Care in Small Infant & Toddler Groups Essential practices of primary care, continuity of care, and small group sizes.	\$5	Online	Child Growth & Development
Wednesday, March 9 7:30 – 9:30 p.m.	Culturally Diverse Caregiving: Partnering with Parents Partnering with families to honor and incorporate children's cultures in everyday caregiving.	\$5	Online	Cultural Diversity
Wednesday, March 16 7:30 – 9:30 p.m.	Responsive Care and Inclusion of All Infants & Toddlers Best practices in providing individualized care; providing inclusive care for children with special needs.	\$5	Online	Inclusion of All Children
Wednesday, March 23 7:30 – 9:30 p.m.	Planning Their Day: Routines, Schedules & Transitions Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.	\$5	Online	Age Appropriate Planning

REGISTER FOR CLASSES TODAY!

To register for class, call 605-312-8390 or visit www.sanfordhealth.org/classes-and-events
Remember, if you register for a class and are unable to attend, please call and cancel your registration.

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
Saturday, February 19 9 – 10:30 a.m.	Using Books for Preschool Social Emotional Development Social emotional literacy is vital for successful friendships and school readiness. In this class, you will receive high-quality books and book nooks which have hands on activities to support preschool social and emotional skill building.	\$0	Sioux Falls	Guidance & Behavior Management
Saturday, March 12 10:30 a.m. – Noon	Using Books for Preschool Social Emotional Development Social emotional literacy is vital for successful friendships and school readiness. In this class, you will receive high-quality books and book nooks which have hands on activities to support preschool social and emotional skill building.	\$0	Vermillion	Guidance & Behavior Management

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
Saturday, January 22 9 – 10:30 a.m.	Using Books to Support Social Emotional Development in Out of School Time Programs Social emotional literacy is vital for successful friendships and school success. In this class you will receive high-quality books and book nooks which have hands on activities to support out of school time social and emotional skill building.	\$0	Sioux Falls	Guidance & Behavior Management
Saturday, March 12 9 – 10:30 a.m.	Using Books to Support Social Emotional Development in Out of School Time Programs Social emotional literacy is vital for successful friendships and school success. In this class you will receive high-quality books and book nooks which have hands on activities to support out of school time social and emotional skill building.	\$0	Vermillion	Guidance & Behavior Management

OUT OF SCHOOL TIME 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
Monday, March 7 1 – 2:30 p.m.	Child Growth and Development Fostering the growth and development of children through appropriate environment, activities, interactions, and inclusion.	\$5	Online	Child Growth & Development
Wednesday, March 9 1 – 2:30 p.m.	Program Health & Safety The importance of implementing teaching practices that promote child health and safety.	\$5	Online	Program Health & Safety
Monday, March 14 1 – 2:30 p.m.	Fostering Learning Environments Supporting children's individual needs through learning environments and relationships.	\$5	Online	Learning Environments
Wednesday, March 16 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.	\$5	Online	Guidance & Behavior Management

ECE Class Policy

e-Learning Online Classes

REQUIREMENTS: Computer with internet connectivity. Adobe Flash Player 10.1 or higher, Free Flash Player – download at www.adobe.com. 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. Class registration is secured once payment is received. Participants are emailed the class link 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.

Face to Face Classes

1. In order to ensure the health and safety of the participants and instructor, a face mask is required.
2. 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.
3. In order to maintain an appropriate learning environment for all class attendees, children are not allowed to attend classes.

Family Child Care Provider Focus Learning Opportunities

Classes specific to care provided in family 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
Monday, January 31 7:30 – 9 p.m.	Keep It Safe & Healthy Best basic health and safety practices for your children, environment, and family childcare program.	\$5	Online	Program Health & Safety
Tuesday, February 1 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
Monday, February 7 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, February 8 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

Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques. Location details given upon registration.

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	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, January 5 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
Wednesday, January 12 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
Wednesday, January 19 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
Wednesday, January 26 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.				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, March 2 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	Guidance & Behavior Management
Wednesday, March 9 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	Learning Environments
Wednesday, March 16 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	Guidance & Behavior Management
Wednesday, March 23 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	Guidance & Behavior Management

Management Learning Opportunities

Classes with an emphasis on managing child care programs. Location details given upon registration.

MANAGEMENT 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
Thursday, February 3 1 – 3 p.m.	Management Fundamentals Learn about the importance of effective program management and explore how it affects the child care setting.	\$5	Online	Program Management & Regulations
Thursday, February 10 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.	\$5	Online	Program Management & Regulations
Thursday, February 17 1 – 3 p.m.	Human Resources Fundamental Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.	\$5	Online	Program Management & Regulations
Thursday, February 24 1 – 3 p.m.	Power of Partnerships Increase skills for building a strong community and team of committed staff.	\$5	Online	Interpersonal Communication & Relationships

fitCare Learning Opportunities

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, January 5 6:30 – 8:30 p.m.	Sweet Dreams! Exploring Strategies for Sleep and Relaxation	\$0	Online	Learning Environments Program Health & Safety
Wednesday, January 12 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	\$0	Online	Guidance & Behavior Management Age Appropriate Planning
Wednesday, January 19 6:30 – 8:30 p.m.	Ready, Set, Move! Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Wednesday, January 26 6:30 – 8:30 p.m.	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, February 15 6:30 – 8:30 p.m.	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, February 22 6:30 – 8:30 p.m.	Ready, Set, Move! Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Tuesday, March 1 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	\$0	Online	Guidance & Behavior Management Age Appropriate Planning
Tuesday, March 29 6:30 – 8:30 p.m.	Sweet Dreams! Exploring Strategies for Sleep and Relaxation	\$0	Online	Learning Environments Program Health & Safety

Ongoing Health & Safety Training Available for Child Care Providers

The Department of Social Services with support from the Early Childhood Enrichment (ECE) system recently launched the Level II Health & Safety Training series.

The Level II online, on-demand series is designed to meet ongoing training requirements for staff working in state licensed and registered childcare programs who have completed the SD Orientation to Child Care series.

The Health & Safety Level II trainings are required to be completed within 5 years following the completion of the orientation training.

Certified CPR & First Aid

ADULT, CHILD & INFANT CPR/AED

This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches the American Heart Association's practice-while-watching technique, which allows instructors to observe the students and provide feedback.

DATE/TIME	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, January 8 8:30 a.m. – Noon	\$20	Sioux Falls	Program Health & Safety
Tuesday, January 18 6:30 – 10 p.m.	\$20	Sioux Falls	Program Health & Safety
Tuesday, February 8 6:30 – 10 p.m.	\$20	Sioux Falls	Program Health & Safety
Saturday, February 12 8:30 a.m. – Noon	\$20	Sioux Falls	Program Health & Safety
Tuesday, March 22 6:30 – 10 p.m.	\$20	Sioux Falls	Program Health & Safety

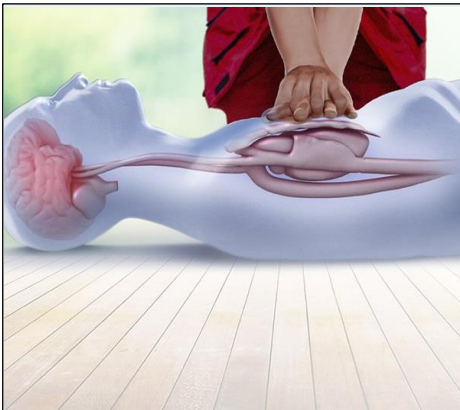
CERTIFIED FIRST AID

The American Heart Association's 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.

DATE/TIME	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, January 8 1 – 3:30 p.m.	\$5	Sioux Falls	Program Health & Safety

CPR and First Aid Class Registration and Payment Policy:

Certified CPR & First Aid reservation are not confirmed until payment is received. If payment is not received 24 hours prior to the start of the class, the class reservation will be given to the first participant that secures this reservation with a payment.



Online CPR Training Option

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

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

- 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

For additional questions or to schedule a 1:1 skill testing, please call 605-312-8390

Looking for a FUN and ENGAGING activity for your kids?

We have Field Trip or Guest Speaker opportunities that focus on physical activity! This can be provided at your location or ours (5015 S. Western Ave. Suite 120, Sioux Falls).

fitFlow Tot Yoga

- Length: 30 minutes
- Description: Take care of your mind and your body at the same time! Caregivers and children learn to practice yoga with confidence. This class uses breathing techniques, stretches, and movements to help participants.

fitBoost Live!

- Length: 30 minutes
- Description: Get moving with your little one! Caregivers and children are invited to move and play together through a moderate intensity workout. Attendees will have fun during this energetic session created to develop skills and build strength, coordination, balance, and flexibility.

* Contact Katrina Anderson at 605-312-8390 or Katrina.Anderson@sanfordhealth.org

*Ask for more information on receiving licensing credits



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

2022 TRAINING SCHEDULE

JANUARY/FEBRUARY/MARCH

These classes meet the South Dakota child care training requirements for licensing and registration.

