

# Sanford Children's CHILD Services of Sioux Falls

Region Five Newsletter | September/October/November 2019



## Challenging Behaviors and Self-Care

### What does 'challenging' behavior mean?

All behavior is communication. Young children may not have the necessary skills or language to process strong feelings such as frustration, anger, excitement, or overstimulation. Behaviors become their form of communication. Next time you observe a child displaying challenging behaviors, think about how he or she is feeling in the moment and what they might be trying to tell you. Assist all children in feeling safe and validated.

To understand challenging behavior it is important to adjust our mindsets about how we perceive the child and the behaviors they are displaying. There is no such thing as a 'good' or 'bad' child. We become focused on trying to stop the behavior when we should work to understand the child, their behaviors, and adapting to their comfort level.

### Child care can be stressful

Working with children and managing challenging behaviors can be stressful. According to a study, "out of 30,000 educators, more than 78% are often physically and emotionally exhausted" (American Federation of Teachers, 2015). It can be beneficial to make a list of the behaviors or situations causing stress in your job or life. For example, aggressive behaviors, long work hours, no support from my director, or not getting enough sleep. This will allow you to become more self-aware and proactive in responding to your stress and the children in your care. Here are some signs you may be stressed or burnt out:

- Irritability
- Negativity
- Loss of patience
- Isolation
- Easily frustrated
- Fatigue
- Physical pain (headaches)
- Feelings of helplessness
- Lack of motivation
- Anxiety about work

### How can I take care of myself?

As a child care provider or director it is critical to take care of yourselves in order to be responsive and empathetic towards children. Make positive changes for yourself and don't wait around for someone to do it for you. Find what works for you! Here are some ideas to get you started:

- Get enough sleep
- Go for a walk
- Practice mindfulness and deep breathing
- Find time for yourself
- Eat well, drink plenty of water
- Have a trusted support system
- Read a book
- Listen to music
- Laugh
- Regular exercise
- Write in a journal
- Do something creative
- Let go of perfectionism
- Take a day off

It is important to practice self-care rituals daily. Your director should be supporting your wellness and self-care. It is okay to ask for help or take a break when needed.

*American Federation of Teachers. (2015). Survey shows need for national focus on workplace stress. Retrieved from <https://www.aft.org/news/survey-shows-need-national-focus-workplace-stress>*

## Meet the Staff

**CHILD Manager:**  
Terra Johnson

**CHILD Supervisor:**  
Margie Schade

**Infant Toddler Specialist:**  
Naomi Hoffman

**Training Staff:**  
Casey Johnston

Jessica Fick

Katrina Anderson

Margie Schade

Mindy Greenfield

Naomi Hoffman

Sara Tirrel

Sarah Shin

Sue Illg

Teri Pieters

**CHILD Services Office Hours:**  
Monday – Friday,  
8 a.m. – 5 p.m.



**SANFORD**  
Children's

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# Saturday Spectacular

Saturday, October 12, 2019  
9 a.m. – 12:30 p.m.  
Sioux Falls, SD

Understanding Adverse  
Childhood Experiences: Building  
Self-Healing Communities  
Vicarious Trauma  
Beyond Challenging Behaviors

Sanford Children's  
CHILD Services is closing  
the Toy Lending  
Library program.

Please check out the  
Toy Lending Library of  
South Dakota.

For additional  
information, please  
visit [www.  
toylendinglibrarysd.org](http://www.toylendinglibrarysd.org).

Want to decrease  
challenging Behaviors?

Want to increase staff  
knowledge and skills  
in social and emotional  
development?

Want to improve parent and  
provider partnerships?

Sanford Children's CHILD Services Social Emotional  
Program is here to help. Contact CHILD Services to  
discuss the challenging behaviors in your program, so  
together we can collaborate for children's success;  
(605) 312-8390 or [childsrv@sanfordhealth.org](mailto:childsrv@sanfordhealth.org)



## 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.



## CPR and Certified First Aid

(Location details given upon registration)

**CPR and Certified 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 Certified First Aid Class Refund Policy:** *Class cancellation is required prior to the start of class, otherwise payment will be forfeited and is non-transferrable.*

### Heartsaver® CPR AED

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

**Fee:** \$20 per class

### Class Dates:

Saturday, September 14, 2019 • 8:30 a.m. – Noon • Sioux Falls  
Thursday, September 19, 2019 • 6:30–10 p.m. • Sioux Falls  
Thursday, October 17, 2019 • 6:30–10 p.m. • Sioux Falls  
Saturday, October 26, 2019 • 8:30 a.m. – Noon • Sioux Falls  
Saturday, November 9, 2019 • 8:30 a.m. – Noon • Sioux Falls  
Thursday, November 21, 2019 • 6:30–10 p.m. • Sioux Falls

### Certified First Aid

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.

**Fee:** \$5 per class

### Class Dates:

*(Additional classes may be added –  
check website for updates)*

Tuesday, October 15, 2019 • 6:30–9 p.m.  
Sioux Falls

See General classes for Basic  
First Aid for Child Care Providers

Check out our classes online at [www.sanfordhealth.org/CHILDservices](http://www.sanfordhealth.org/CHILDservices).

Register for classes by calling (605) 312-8390 or (800) 235-5923.

# General Learning Opportunities

Classes for caregivers of all ages of children.  
(Location details given upon registration)




## Classes

Learn and Take: Learn today - put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Tuesday, September 3 7:30 – 8:30 p.m.	<b>Medication Administration (O)</b> Learn why, when and how to safely give medication in child care.	\$0	Sioux Falls	Program Health & Safety
Thursday, September 12 6:30 – 7:30 p.m.	<b>Emergency Preparedness (O)</b> Be prepared for emergencies in your child care program. Learn how to develop a plan for emergency situations.	\$0	Sioux Falls	Program Management & Regulations
Tuesday, September 24 6 – 7 p.m.	<b>Who Needs the Mess? Kids Do! Importance of Family Style Meals</b> Learn about how serving and eating “family-style” meals at child care benefits children.	\$5	Online	Nutrition for Children
Thursday, September 26 6:30 – 7:30 p.m.	<b>Basic First Aid for Child Care Providers (O)</b> Participants will gain knowledge related to common childhood accidents and injuries and will receive instruction that will enable caregivers to perform first aid.	\$0	Sioux Falls	Program Health & Safety
Tuesday, October 1 7:30 – 8:30 p.m.	<b>Beyond Cookies and Crackers</b> Need something more than goldfish and Oreos for snacks? Put some imagination and nutrition into snacks with these creative snack activities.	\$0	Sioux Falls	Nutrition for Children
Saturday, October 5 9 – 10 a.m.	<b>Making Difficult People Less Difficult to Work With</b> Ever struggle getting along with someone at work? Learn how temperament and communication style can help you work with co-workers.	\$0	Vermillion	Interpersonal Communication & Relationships
Saturday, October 5 10:15 – 11:15 a.m.	<b>Got the Miscommunication Blues?</b> Struggling with how to communicate well with parents? Learn ways to get your message across in a clear, non-confrontational manner.	\$0	Vermillion	Partnerships with Parents
Saturday, October 5 11:30 – 12:30 p.m.	<b>Teaching Children to Embrace Differences</b> Learn ways to help children understand what it means to accept and respect everyone’s individual difference.	\$0	Vermillion	Cultural Diversity
Tuesday, October 29 7:30 – 8:30 p.m.	<b>Being a Mandated Reporter (O)</b> Learn what it means to be a mandated reporter and how to stress the importance of this role with staff.	\$0	Sioux Falls	Child Abuse & Neglect
Saturday, November 2 9 – 10 a.m.	<b>Relighting Your Candle</b> Caring for children involves giving of yourself and it can be stressful at times. Explore tips to positively handle stress and provide quality self-care.	\$0	Mitchell	Professionalism
Thursday, November 7 6 – 7 p.m.	<b>Sharing Gerny News</b> It’s tough to have a positive conversation about the latest bug going around. Learn to confidently find & share accurate health information with families & authorities.	\$0	Sioux Falls	Identification & Prevention of Communicable Diseases
Thursday, November 7 7 – 8 p.m.	<b>Food Handling Techniques</b> Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	\$0	Sioux Falls	Food Handling Techniques
Thursday, November 14 7:30 – 8:30 p.m.	<b>Minimizing The Risk of Shaken Baby Syndrome</b> Proactively minimize the risk of Shaken Baby Syndrome in your childcare program by recognizing and managing stressful situations.	\$0	Sioux Falls	Child Abuse & Neglect

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

<b>Ins and Outs of Lesson Planning</b> Registration per class is not available. Participants must register for the entire series.				
Monday, October 7 7:30 – 9 p.m.	<b>Lesson Plan Basics</b> Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$20	Online	<i>Program Management &amp; Regulations</i>
Monday, October 14 7:30 – 9 p.m.	<b>Developing and Creating Lesson Plans</b> Explore a variety of lesson plans, evaluate activity ideas to meet children's needs, and how to plan in a timely fashion.		Online	<i>Child Growth &amp; Development</i>
Monday, October 21 7:30 – 9 p.m.	<b>Using Child Interests, Themes and Projects</b> Learn about different approaches to planning and how each can lead to quality learning for children.		Online	<i>Observing Children</i>
Monday, October 28 7:30 – 9 p.m.	<b>Purposeful Activities</b> Bring together all the lesson planning pieces and share creative ideas that have worked. (Birth to age 8 focused).		Online	<i>Age Appropriate Planning</i>

<b>Saturday Spectacular</b> A one-day event with classes for caregivers of all ages and all settings. Saturday, October 12, 2019 • Sign-in begins at 8:30 a.m. Location: Sanford USD Medical Center, Schroeder Auditorium Cost: Free (3 hours of licensing-approved training available.)				
				
Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Saturday, October 12 9 – 10 a.m.	<b>Understanding Adverse Childhood Experiences: Building Self-Healing Communities</b> Learn about trauma impact on the brain and biology, ACE study, and building your trauma informed community. Presented by Children's Home Society	\$0	Sioux Falls	<i>Guidance &amp; Behavior Management</i>
Saturday, October 12 10:15 – 11:15 a.m.	<b>Vicarious Trauma</b> Understanding vicarious trauma, how it happens, and recognizing the signs. Learn about the impact of vicarious trauma on the brain, how to build and implement resiliency. Presented by Children's Home Society	\$0	Sioux Falls	<i>Learning Environments</i>
Saturday, October 12 11:30 – 12:30 p.m.	<b>Beyond Challenging Behavior</b> Better understand the meaning behind challenging behaviors, what you can do as providers, and how to talk to parents about your concerns.	\$0	Sioux Falls	<i>Child Growth &amp; Development</i>

<b>Social Emotional Learning Opportunities</b> Ideas and insight to positive guidance and behavior management techniques				
Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Monday, September 16 6:30 – 7:30 p.m.	<b>A Space to Be Me</b> Explore how the child care environment affects children's social and emotional development.	\$5	Online	<i>Learning Environments</i>
<b>Preschool Social and Emotional Foundations for Learning</b> Registration per class is not available. Participants must register for the entire series.				
Tuesday, October 8 7:30 – 9 p.m.	<b>Importance Of Relationships</b> Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	\$20	Online	<i>Guidance &amp; Behavior Management</i>
Tuesday, October 15 7:30 – 9 p.m.	<b>Environment, Routines, And Strategies</b> Environmental elements, their impact on children's development & behaviors, and strategies to support children's positive social behaviors.		Online	<i>Learning Environments</i>
Tuesday, October 22 7:30 – 9 p.m.	<b>Social Emotional Teaching Strategies</b> Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.		Online	<i>Guidance &amp; Behavior Management</i>
Tuesday, October 29 7:30 – 9 p.m.	<b>Supporting Children's Success</b> Learn to react to challenging behaviors and support children learning problem solving skills and to handle anger & disappointment.		Online	<i>Guidance &amp; Behavior Management</i>

# Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children

6 weeks to three years old.

(Location details given upon registration)



**Classes - Learn and Take: Learn today - put your learning into practice tomorrow.**

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Tuesday, September 3 6:30 – 7:30 p.m.	<b>Sneezes, Wheezes &amp; Goopy Diseases (O)</b> What is it? How is it spread? How can I keep kids and staff from getting it? Get answers to questions relative to common childhood illnesses.	\$0	Sioux Falls	Identification & Prevention of Communicable Diseases
Tuesday, October 29 6:30 – 7:30 p.m.	<b>Hellos and Goodbyes</b> Learn ways to help both parents and children through these tough transition times.	\$0	Sioux Falls	Partnerships with Parents
Saturday, November 2 11:30 – 12:30 p.m.	<b>Explore and Play Throughout the Day with Infants and Toddlers</b> Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	\$0	Mitchell	Learning Environments
Thursday, November 14 6:30 – 7:30 p.m.	<b>The Period of PURPLE Crying (O)</b> The Period of PURPLE Crying is a way to help parents and providers understand this time in a baby's life, which is a normal part of every infant's development.	\$0	Sioux Falls	Child Abuse & Neglect

## Infant/Toddler Entry Level Series:

Registration per class is not available. Participants must register for the entire series.

Tuesday, November 5 7:30 – 9 p.m.	<b>Ages Of Infancy</b> Developmental needs of infants and toddlers as they grow and explore.	\$20	Online	Child Growth & Development
Tuesday, November 12 7:30 – 9 p.m.	<b>Social Emotional Development: Understanding Temperament</b> Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.		Online	Guidance & Behavior Management
Tuesday, November 19 7:30 – 9 p.m.	<b>How Young Children Learn: Appropriate Environments For Infants &amp; Toddlers</b> Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.		Online	Age Appropriate Planning
Tuesday, November 26 7:30 – 9 p.m.	<b>Health &amp; Safety For Infants &amp; Toddlers</b> Best basic health and safety practices in infant and toddler care.		Online	Program Health & Safety

## Infant/Toddler Best Practice Series:

Registration per class is not available. Participants must register for the entire series.

Tuesday, September 3 7:30 – 9 p.m.	<b>Continuity of Care in Small Infant &amp; Toddler Groups</b> Essential practices of primary care, continuity of care, and small group sizes.	\$20	Online	Child Growth & Development
Tuesday, September 10 7:30 – 9 p.m.	<b>Culturally Diverse Caregiving: Partnering with Parents</b> Partnering with families to honor and incorporate children's cultures in everyday caregiving.		Online	Cultural Diversity
Tuesday, September 17 7:30 – 9 p.m.	<b>Responsive Care and Inclusion of All Infants &amp; Toddlers</b> Best practices in providing individualized care; providing inclusive care for children with special needs.		Online	Inclusion of All Children
Tuesday, September 24 7:30 – 9 p.m.	<b>Planning Their Day: Routines, Schedules &amp; Transitions</b> Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.		Online	Age Appropriate Planning

**Check out the newsletter online • [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices)**

Check out our classes online at [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices).  
Register for classes by calling (605) 312-8390 or (800) 235-5923.

## Early Learning Guidelines for Infant Toddler Caregivers

Registration per class is not available. Participants must register for the entire series.

Thursday, October 3 7:30 – 9 p.m.	<b>Approaches To Learning For Infants &amp; Toddlers</b> The use of play, everyday tasks, and an enriching environment to support infant and toddler's creativity, imagination, and problem-solving.	\$20	Online	<i>Age Appropriate Planning</i>
Thursday, October 10 7:30 – 9 p.m.	<b>Social &amp; Emotional Development In Infants &amp; Toddlers</b> Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.		Online	<i>Guidance &amp; Behavior Management</i>
Thursday, October 17 7:30 – 9 p.m.	<b>Communication, Language &amp; Literacy In Infants &amp; Toddlers</b> Supporting infant's and toddler's daily exploration, play, & social interactions for learning communication & early literacy skills.		Online	<i>Interpersonal Communication &amp; Relationships</i>
Thursday, October 24 7:30 – 9 p.m.	<b>Cognitive, Health &amp; Physical Development In Infants &amp; Toddlers</b> Building relationships and providing an environment & activities to encourage reasoning, motor development, and health & safety skills.		Online	<i>Child Growth &amp; Development</i>

## Preschool Learning Opportunities

Classes with an emphasis on caring for three to five year old children. (Location details given upon registration)

Classes - Learn and Take: *Learn today - put your learning into practice tomorrow.*

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Tuesday, September 24 7 – 8 p.m.	<b>'Always' Foods, 'Sometimes' Foods</b> Help children learn to make healthy food choices by learning about the difference between everyday foods, and foods to choose 'sometimes'.	\$5	Online	<i>Nutrition for Children</i>
Tuesday, October 1 6:30 – 7:30 p.m.	<b>Setting Goals for Professional Growth</b> Do you think about where you want to go in the early childhood profession? Learn how goal-setting can get you on a path to success in the field.	\$0	Sioux Falls	<i>Professionalism</i>
Saturday, November 2 10:15 – 11:15 a.m.	<b>Bullying in Early Childhood</b> Learn why the seeds to prevent bullying should be planted in the first five years of life. Discuss strategies to promote positive social behaviors.	\$0	Mitchell	<i>Guidance &amp; Behavior Management</i>

## Preschool Entry Level Series

Registration per class is not available. Participants must register for the entire series.

Thursday, September 5 7:30 – 9 p.m.	<b>Child Growth &amp; Development</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$20	Online	<i>Child Growth &amp; Development</i>
Thursday, September 12 7:30 – 9 p.m.	<b>Behavior Management &amp; Guidance</b> Using positive guidance techniques and establishing a program climate that promotes positive behavior.		Online	<i>Guidance &amp; Behavior Management</i>
Thursday, September 19 7:30 – 9 p.m.	<b>Program Health &amp; Safety</b> Understand the importance of promoting and teaching practices that keep children safe and healthy.		Online	<i>Program Health &amp; Safety</i>
Thursday, September 26 7:30 – 9 p.m.	<b>Social Interactions And Learning Environments</b> Supporting children's individual needs through learning environments and relationships.		Online	<i>Learning Environments</i>
Monday, November 4 7:30 – 9 p.m.	<b>Child Growth &amp; Development</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$20	Online	<i>Child Growth &amp; Development</i>
Monday, November 11 7:30 – 9 p.m.	<b>Behavior Management &amp; Guidance</b> Using positive guidance techniques and establishing a program climate that promotes positive behavior.		Online	<i>Guidance &amp; Behavior Management</i>
Monday, November 18 7:30 – 9 p.m.	<b>Program Health &amp; Safety</b> Understand the importance of promoting and teaching practices that keep children safe and healthy.		Online	<i>Program Health &amp; Safety</i>
Monday, November 25 7:30 – 9 p.m.	<b>Social Interactions And Learning Environments</b> Supporting children's individual needs through learning environments and relationships.		Online	<i>Learning Environments</i>

Check out our classes online at [www.sanfordhealth.org/CHILDServices](http://www.sanfordhealth.org/CHILDServices).

Register for classes by calling (605) 312-8390 or (800) 235-5923.

# Out of School Time Learning Opportunities

Classes with an emphasis on caring for three to five year old children. (Location details given upon registration)



Classes - Learn and Take: *Learn today - put your learning into practice tomorrow.*

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Thursday, September 12 7:30 – 8:30 p.m.	<b>Professionals in Out-of-School Time</b> Learn what it means to be a professional in an out-of-school time program.	\$0	Sioux Falls	<i>Professionalism</i>

## Out of School Time Entry Level Series

Registration per class is not available. Participants must register for the entire series.

Tuesday, November 26 7:30 – 9 p.m.	<b>Child Growth And Development</b> Fostering the growth and development of children through appropriate environment, activities, interactions, and inclusion.	\$20	Online	<i>Child Growth &amp; Development</i>
Tuesday, December 3 7:30 – 9 p.m.	<b>Program Health And Safety</b> The importance of implementing teaching practices that promote child health and safety.		Online	<i>Program Health &amp; Safety</i>
Tuesday, December 10 7:30 – 9 p.m.	<b>Fostering Learning Environments</b> Supporting children’s individual needs through learning environments and relationships.		Online	<i>Learning Environments</i>
Tuesday, December 17 7:30 – 9 p.m.	<b>Behavior Management And Guidance</b> Using positive guidance techniques and establishing a program climate that promotes positive behavior.		Online	<i>Guidance &amp; Behavior Management</i>

## Out of School Time Best Practice Series

Registration per class is not available. Participants must register for the entire series.

Monday, September 9 7:30 – 9 p.m.	<b>Building Relationships With Communities, Families And Schools</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$20	Online	<i>Interpersonal Communication &amp; Relationships</i>
Monday, September 16 7:30 – 9 p.m.	<b>Observation, Assessment And Inclusion</b> The importance of observations and assessment to support all OST children in an inclusive setting.		Online	<i>Child Growth &amp; Development</i>
Monday, September 23 7:30 – 9 p.m.	<b>Developmentally Appropriate Planning And Curriculum</b> Learn how planning high quality program activities and experiences will promote children’s success.		Online	<i>Age Appropriate Planning</i>
Monday, September 30 7:30 – 9 p.m.	<b>Guidance And Behavior Management</b> Learn about managing groups, modeling leadership, and effective use of routines and schedules.		Online	<i>Guidance &amp; Behavior Management</i>

## Management Support Services

CHILD Services teaches classes, but did you know we offer services to help you in your everyday program management too?

- Looking for answers to enhance your staff’s professional development needs?
- Wondering how to help your teachers manage their classrooms?
- Need assistance in developing partnerships with your parents?
- New to managing a child care program and don’t know where to start?

**CHILD Services can help!** Just give us a call and we’ll help you sort through which services will best meet your needs.

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

## 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)

Classes - Learn and Take: *Learn today - put your learning into practice tomorrow.*

Date/Time	Class Title	Fee	Location	Licensing/ Pathways
Tuesday, August 27 6:30 – 8:30 p.m.	<b>Be fit ... RECHARGE Your Energy</b> 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	Program Health & Safety Learning Environments
Tuesday, September 3 6:30 – 8:30 p.m.	<b>Motivate Your MOOD</b> Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.			Guidance & Behavior Management Age Appropriate Activities
Tuesday, September 10 6:30 – 8:30 p.m.	<b>Think Your FOOD</b> Food habits start early in life. Learn how to teach children about making healthy food choices.			Nutrition for Children Learning Environments
Tuesday, September 17 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.			Child Growth & Development Age Appropriate Activities
Monday, September 30 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> See above for class descriptions.	\$0	Sioux Falls	Child Growth & Development Age Appropriate Activities
Thursday, October 10 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> See above for class descriptions.	\$0	Sioux Falls	Child Growth & Development Age Appropriate Activities
Thursday, November 21 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> See above for class descriptions	\$0	Online	Child Growth & Development Age Appropriate Activities
<b>fitCare Technical Assistance</b>	<b><u>Taking a fitCare class is required to participate</u></b> 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		Categories determined based on Action Plan

## Family Child Care Provider Focus Learning Opportunities

Classes specific to care provided in a family day care setting.

(Location details given upon registration)



Classes Learn and Take: <i>Learn today - put your learning into practice tomorrow.</i>				
Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Thursday, September 26 7:30 – 8:30 p.m.	<b>Hooray for Lesson Plans</b> Having a weekly plan keeps your life going smooth...or at least smoother. Find out what lesson planning is all about, what a plan includes, and resources to help you out.	\$0	Sioux Falls	Age Appropriate Planning

Check out our classes online at [www.sanfordhealth.org/CHILDservices](http://www.sanfordhealth.org/CHILDservices).

Register for classes by calling (605) 312-8390 or (800) 235-5923.



**Family Child Care Entry Level Series**  
 Registration per class is not available. Participants must register for the entire series.

Tuesday, November 5 7:30 – 9 p.m.	<b>Keeping It Safe &amp; Healthy</b> Best basic health and safety practices for your children, environment, and family childcare program.	\$20	Online	<i>Program Health &amp; Safety</i>
Tuesday, November 12 7:30 – 9 p.m.	<b>What Children Need To Learn &amp; Grow</b> Your role in supporting children's social, emotional, physical and cognitive growth and development at all stages.		Online	<i>Child Growth &amp; Development</i>
Tuesday, November 19 7:30 – 9 p.m.	<b>It All Begins With Relationships</b> Appropriate, respectful & responsive care based on individual children's needs; positive communication & relationships with children & families.		Online	<i>Interpersonal Communication &amp; Relationships</i>
Tuesday, November 26 7:30 – 9 p.m.	<b>The Business Of Family Child Care</b> Basic business practices, program management, and policies & practices to meet licensing regulations.		Online	<i>Program Management &amp; Regulations</i>

**Rural Child Care Provider Learning Opportunities**  
 Classes offered in rural areas in southeastern South Dakota. (Location details given upon registration)

**Classes**  
 Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Saturday, November 2 9 – 10 a.m.	<b>Relighting Your Candle</b> Caring for children involves giving of yourself and it can be stressful at times. Explore tips to positively handle stress and provide quality self-care.	\$0	Mitchell	<i>Professionalism</i>
Saturday, November 2 10:15 – 11:15 a.m.	<b>Bullying in Early Childhood</b> Learn why the seeds to prevent bullying should be planted in the first five years of life. Discuss strategies to promote positive social behaviors.	\$0	Mitchell	<i>Guidance &amp; Behavior Management</i>
Saturday November 2 11:30 a.m. – 12:30 p.m.	<b>Explore and Play Throughout the Day with Infants and Toddlers</b> Young children love to explore and learn. Learn how to support children as they explore and learn about their world through play.	\$0	Mitchell	<i>Learning Environments</i>
Saturday, October 5 9 – 10 a.m.	<b>Making Difficult People Less Difficult to Work With</b> Ever struggle getting along with someone at work? Learn how temperament and communication style can help you work with co-workers.	\$0	Vermillion	<i>Interpersonal Communication and Relationships</i>
Saturday, October 5 10:15 – 11:15 a.m.	<b>Got the Miscommunication Blues?</b> Struggling with how to communicate well with parents? Learn ways to get your message across in a clear, non-confrontational manner.	\$0	Vermillion	<i>Partnerships with Parents</i>
Saturday, October 5 11:30 – 12:30 p.m.	<b>Teaching Children to Embrace Differences</b> Learn ways to help children understand what it means to accept and respect everyone's individual difference.	\$0	Vermillion	<i>Cultural Diversity</i>

**e-Learning Online Opportunities**  
 We know life can be busy...  
 So we are bringing learning right to you.



- Live engaging online classes via the internet.**  
 Requirements:
- Computer with internet connectivity
  - Adobe Flash Player 10.1 or higher  
Free Flash Player – download at [www.adobe.com](http://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 scheduled 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**  
 Learn and Take: Learn today – put your learning into practice tomorrow.

Date/Time	Class Title (O)=Qualify for required orientation training topics	Fee	Location	Licensing/ Pathways
Monday, September 16 6:30 – 7:30 p.m.	<b>A Space to Be Me</b> Explore how the child care environment affects children's social and emotional development.	\$5	Online	<i>Learning Environments</i>
Tuesday, September 24 6 – 7 p.m.	<b>Who Needs the Mess? Kids Do! Importance of Family Style Meals</b> Learn about how serving and eating “family-style” meals at child care benefits children.	\$5	Online	<i>Nutrition for Children</i>
Tuesday, September 24 7 – 8 p.m.	<b>‘Always’ Foods, ‘Sometimes’ Foods</b> Help children learn to make healthy food choices by learning about the difference between everyday foods, and foods to choose ‘sometimes’.	\$5	Online	<i>Nutrition for Children</i>
Thursday, November 21 6:30 – 8:30 p.m.	<b>MOVE Your Body</b> Children don’t naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Online	<i>Child Growth &amp; Development Age Appropriate Activities</i>

**More e-Learning Online Opportunities in this Newsletter**

<b>Infant Toddler Entry Level Series</b> • See page 5 for more information	Online	<i>Various Categories</i>
<b>Preschool Entry Level Series</b> • See page 6 for more information	Online	<i>Various Categories</i>
<b>Family Day Care Entry Level Series</b> • See page 9 for more information	Online	<i>Various Categories</i>
<b>Out of School Time Entry Level Series</b> • See page 7 for more information	Online	<i>Various Categories</i>
<b>Infant Toddler Best Practice Series</b> • See page 5 for more information	Online	<i>Various Categories</i>
<b>Out of School Time Best Practice Series</b> • See page 7 for more information	Online	<i>Various Categories</i>
<b>Infant Toddler Early Learning Guidelines Series</b> • See page 6 for more information	Online	<i>Various Categories</i>
<b>Social Emotional Preschool Series</b> • See page 4 for more information	Online	<i>Various Categories</i>
<b>Lesson Planning Series</b> • See page 4 for more information	Online	<i>Various Categories</i>
<b>Management Series</b> • See page 10 for more information	Online	<i>Various Categories</i>
<b>fitCare Classes</b> • See page 8 for more information	Online	<i>Various Categories</i>

## Management Learning Opportunities

**Classes with an emphasis on managing child care programs.**

**Learn and Take: Learn today – put your learning into practice tomorrow.**

Thursday, November 7 6:30 – 7:30 p.m.	<b>Building a Policy: Physical Activity</b> Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on physical activity.	\$0	Online	<i>Professionalism</i>
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### Management Series:

**Registration per class is not available. Participants must register for the entire series.**

Thursday, October 3 7:30 – 9 p.m.	<b>Management Fundamentals</b> Learn about the importance of effective program management and explore how it affects the child care setting.	\$20	Online	<i>Program Management &amp; Regulations</i>
Thursday, October 10 7:30 – 9 p.m.	<b>Fiscal Fundamentals</b> Learn about tools to help child care programs plan, monitor & track income and expenses. Explore budgets, balance sheets, profit & loss, and more.		Online	<i>Program Management &amp; Regulations</i>
Thursday, October 17 7:30 – 9 p.m.	<b>Human Resources Fundamentals</b> Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.		Online	<i>Program Management &amp; Regulations</i>
Thursday, October 24 7:30 – 9 p.m.	<b>Power Of Partnerships</b> Increase skills for building a strong community and team of committed staff.		Online	<i>Interpersonal Communication &amp; Relationships</i>

Check out our classes online at [www.sanfordhealth.org/CHILDservices](http://www.sanfordhealth.org/CHILDservices).

Register for classes by calling (605) 312-8390 or (800) 235-5923.

# CDA

Classes to prepare participants to apply for a Child Development Associate (CDA) credential.

## Class Information

<p><b>New CDA class sessions begin September 9, 2019. Register by August 15, 2019</b></p> <p>To register, submit a completed Registration form and \$95 registration fee to CHILDS Services. Call for a registration form or download from: <a href="http://sanfordhealth.org/CHILDServices/CommunityPartners/EarlyChildhood/ChildDevelopmentAssociate">sanfordhealth.org/CHILDServices/CommunityPartners/EarlyChildhood/ChildDevelopmentAssociate</a></p>	<p><b><u>CDA Eligibility Class Enrollment Requirements</u></b></p> <p><u>Personal:</u></p> <ul style="list-style-type: none"><li>• Be 18 years of age or older</li><li>• Hold a high school diploma or equivalent</li><li>• Be able to speak, read and write well enough to fulfill the responsibilities of a CDA candidate</li><li>• Sign a statement of ethical conduct</li></ul> <p><u>Experience:</u></p> <ul style="list-style-type: none"><li>• Have 480 hours of experience working with children within the last 3 years</li></ul> <p><u>Observation Setting:</u></p> <ul style="list-style-type: none"><li>• Able to be observed working in one of the following child care settings<ul style="list-style-type: none"><li>○ Center-based infant/toddler (birth to age 3)</li><li>○ Center-based preschool (3 to 5 year olds)</li><li>○ Family day care (birth through age 5)</li><li>○ Home Visitor</li></ul></li></ul>
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## Ready to Apply?

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

### Checklist:

- |  |   |
|--|---|
| <input type="checkbox"/> Complete your bookwork  | <input type="checkbox"/> Make sure classes are paid in full           |
| <input type="checkbox"/> Complete your Professional Portfolio  | <input type="checkbox"/> Get transcript from CHILDS Services          |
| • Competency Statements, Resource Collection Items, Family Questionnaires, Professional Philosophy Statement | <input type="checkbox"/> Choose a Professional Development Specialist |
|  | <input type="checkbox"/> Apply to National CDA Council                |

For application guidance go to [www.cdacouncil.org](http://www.cdacouncil.org)

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

## CDA Renewal

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

### 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 CHILDS Services does not maintain renewal dates and will not be notifying you when your expiration is drawing near. You can go to [www.cdacouncil.org](http://www.cdacouncil.org) and find out how to renew your certification.

## Challenging Behaviors?

There are many factors that may be influencing challenging behaviors.

- Room Environment
- Child's Temperament
- Developmental Age
- And more

### We're here to help find the reason!

CHILDS Services can support you, your staff and your families with strategies and a collaborative approach to finding the reason for the challenging behaviors and together build the social emotional development foundation that is so important towards a child's success.

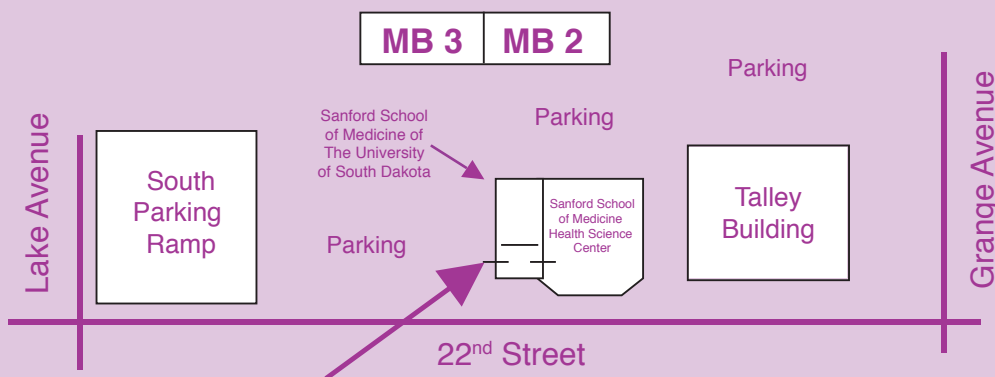
Call (605) 312-8390 or email [childsrv@sanfordhealth.org](mailto:childsrv@sanfordhealth.org).



**2019 Training Schedule**  
**September/October/November**

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

Address Service Requested



Go in the main entrance of the Sanford School of Medicine Health Science Center (1400 W. 22nd). Instead of going straight ahead into the Wegner Library, turn left and go through the double doors. Signs will be posted to guide you.

**Office Location:**  
CHILD Services Office  
1115 W. 41 St.  
Sioux Falls, SD  
(605) 312-8390  
(800) 235-5923

