

# SIoux FALLS FAMILY

# Childcare News

■ APRIL - JUNE 2022

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## REDUCING CHALLENGING BEHAVIORS



Encountering challenging children's behaviors in the classroom is not uncommon when working with children. The trick to calming the chaos in the classroom is understanding what triggers a child's behavior and developing a behavior plan for the child when a pattern of inappropriate behaviors starts to emerge. Developing a behavior plan at the onset of the challenging behaviors is beneficial for the child and for those who care for the child.

Unfortunately, the childcare industry is seeing a rise in children being expelled from childcare programs due to challenging behaviors; something one used to think only happened in schools. Expelling a child from a childcare program often happens because the childcare staff are exhausted having to deal with the child's behaviors.

Expelling a child may be a fix for the childcare program but isn't for the child. A child exhibiting challenging behaviors is a child asking for help. A child exhibiting continual challenging behaviors is likely feeling very stressed, angry or out of control of oneself. When children do not have the ability to identify and express these feelings with words, they often communicate them with emotional outbursts and inappropriate behaviors.

So how does one handle a child exhibiting challenging behaviors that continually take classroom teachers' time away from the other children?

1. The first step is to pause and observe. Ask questions such as:
  - What is triggering the behaviors?
  - When do these behaviors occur?
2. Next, seek to understand what the child is needing. Ask questions such as:
  - Is the child overtired or hungry?
  - Is the child worried?
3. Then, develop a plan of action to prevent and/or manage the behaviors?

Sanford Children' CHILD Services has services that can help state licensed childcare providers with developing a behavior plan, along with tips and techniques, to help minimize behaviors in the classroom. These services include:

- Child observations
- Temperament screenings
- On-site technical assistance with staff
- Assistance in developing a behavior plan for a child
- Parent consultations

Through these services parents, childcare staff and CHILD Services staff work together to achieve the goal of helping a child succeed in his or her childcare setting.

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### 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](mailto:childsrv@sanfordhealth.org)

### WEBSITE

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

With a behavior plan, a child exhibiting behaviors can stay in his or her childcare program where learning and development is encouraged.



# Learning Opportunities

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Monday, April 4 7 – 8 p.m.	<b><u>The Period of PURPLE Crying</u></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.	Sioux Falls	Child Abuse & Neglect
Thursday, May 5 6:30 – 7:30 p.m.	<b><u>Using the Positive Discipline Model</u></b> Use the Positive Discipline model to be both kind and firm so the children in your care can learn self-discipline and creative cooperation.	Sioux Falls	Guidance & Behavior Management
Thursday, May 5 7:30 – 8:30 p.m.	<b><u>Trauma-Sensitive Early Childhood Classrooms</u></b> What does it mean to be trauma-sensitive? Gain an understanding of childhood trauma and how it affects children's behavior. Discover specific strategies to ensure your environment is trauma-sensitive.	Sioux Falls	Learning Environments
Monday, May 9 7 – 8 p.m.	<b><u>Using Positive Descriptive Encouragement</u></b> Learn about Positive Descriptive Acknowledgement and how you can use it in your environment to increase children's positive behavior and interactions.	Sioux Falls	Child Growth & Development
Thursday, June 23 6:30 – 7:30 p.m.	<b><u>Serve and Return</u></b> Learn what serve and return is in childcare and the developmental benefits it has on young children.	Sioux Falls	Interpersonal Communication and Relationships
Thursday, June 23 7:30 – 8:30 p.m.	<b><u>Grief &amp; Loss: Being Prepared &amp; Supportive</u></b> Grief and loss frameworks through a developmental lens. Learn how children and families react, how to provide support, and how to incorporate grief topics into your curriculum in meaningful ways.	Sioux Falls	Child Growth & Development

## Call to Action for Providers:

- For more information regarding state registration, please contact the local Child Care Licensing Specialist for your region.
- For more information on local training opportunities, please contact the local Early Childhood Enrichment program for your region.
- For more information on the South Dakota Child & Adult Care Food Program, please contact the South Dakota Department of Education.
- Join the Family Child Care Professionals of South Dakota for support and networking.

## Class Policy

### Online Classes:

REQUIREMENTS: Computer with internet connectivity. Adobe Flash Player 10.1 or higher, Free Flash Player – download at [www.adobe.com](http://www.adobe.com).

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

### 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 with a class participant.

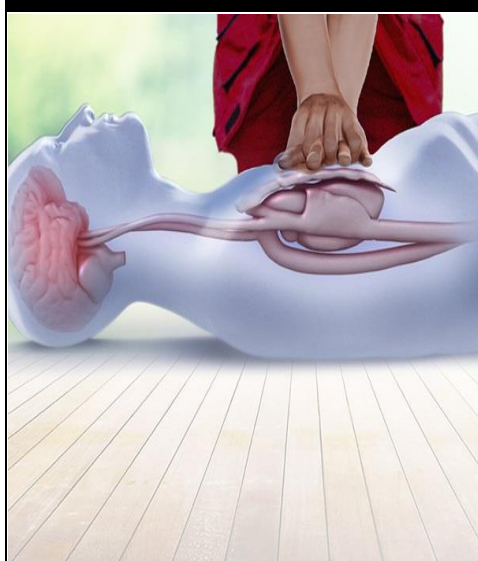
# Face to Face CPR

## 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
Monday, April 11 6:30 – 10 p.m.	\$0	Sioux Falls	Program Health & Safety
Thursday, May 19 6:30 – 10 p.m.	\$0	Sioux Falls	Program Health & Safety
Saturday, June 4 8:30 a.m. – Noon	\$0	Sioux Falls	Program Health & Safety

## CPR AED Online Blended Learning



### 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:

- Contact us to receive the online course link
- Complete the online course
- 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](mailto:Katrina.Anderson@sanfordhealth.org)

*\*Ask for more information on receiving licensing credits*

## CPR Class Policy

CPR classes sponsored by the City of Sioux Falls Health Department through Sanford CHILD Services are provided free of charge to Sioux Falls City registered family day care providers and their helpers.

Registration for CPR classes is limited to 9 people per class. To help ensure CPR education is available throughout the year to Sioux Falls City registered family day care providers, the following policy exists:

1. Class registration is limited to Sioux Falls city registered family day care providers and their helpers.
2. Sioux Falls City registered providers, and their helpers, receive one free CPR class per year.

## CPR Cancellation Policy

Cancellation of CPR class registration needs to be made 24 hours prior to the start of the CPR class. By doing so, allows others to enroll in the CPR class.

1. If notice of cancellation is not received 24 hours prior to the CPR class, the registrant will have used up his/her free CPR class for the year. A payment of \$20 will be needed to enroll in another City of Sioux Falls Health Department sponsored CPR class.

## CPR & Certified First Aid Registration & 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 & 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.



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

**2022 TRAINING SCHEDULE  
APRIL/MAY/JUNE**

