

Childcare News

LULLABY AND GOODNIGHT, SLEEP SAFE BABY



A typical bedtime or napping routine for an infant includes rocking and singing their favorite song, like the ever so popular, *"Lullaby and Goodnight"*. What do you once baby is asleep? You want to provide a safe and nurturing environment. The goal is for every infant get the quality sleep they need to grow and develop. You may have heard of safe sleep practices. It is important to know exactly what safe sleeping arrangements are and why these practices are suggested.

The Why

Child care centers and family child care homes are not immune to the sudden and unexpected death of an infant. Sudden Unexpected Infant Death (SUID) includes both the explained and unexplained death of an infant while asleep. Infants between the ages of 2 months to 4 months are at highest risk for sleep related deaths, but SUID can occur from birth through the infants first birthday. 24% of sudden infant deaths are caused by accidental suffocation or strangulation in bed. However, the cause of many sleep related deaths are difficult for experts to determine. Despite the many unknowns, safe sleep practices decrease the risk for SUID during an infant's sleep. Anyone caring for infants must follow all of these sleep practices to keep babies safe.

Safe Sleep Arrangements

When thinking about safe sleep it is important to consider the whole environment. Use your senses when evaluating sleeping areas. What can you see or feel? Note, that if an infant falls asleep in a swing or car seat, immediately remove the infant and place him/her on their back in a safe sleep environment. Follow these recommendations when setting up a safe sleep environment:

Create a safe sleep environment

- Always place infants to sleep on their backs
- Use a firm, flat mattress with fitted sheet
- Only one infant per crib
- Dress infants lightly - room temperature should be comfortable
- Use sleep sacks in replacement of blankets
- Remove stuffed animals, bumper pads or positioning wedges
- Place cribs away from blind cords

Create a safe sleep policy

- Be sure all staff are aware of safe sleep standards
- Inform parents of your safe sleep policy, both verbally and in written form

Additional information about SUID and safe sleep practices can be found at the Center for Disease Control and Prevention and healthychildren.org.

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Learning Opportunities

Classes offered for Family Child Care Providers registered with the City of Sioux Falls. Location details given upon registration.

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Thursday, January 7 7 – 8 p.m.	<u>Child Care Essentials: Shaken Baby Syndrome</u> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Online	Shaken Baby Syndrome Prevention
Saturday, January 16 1 – 3:30 p.m.	<u>Certified First Aid</u> Learn to handle child illness and injuries 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. Course renewal is every 2 years.	Sioux Falls	Safety and Health
Tuesday, January 19 7 – 8 p.m.	<u>Sudden Unexpected Infant Death Syndrome (SUIDS)</u> Creating a safe environment is not always easy. Learn practices to keep infants under 1 year of age safe, with emphasis on the most recent safe sleep standards.	Sioux Falls	Sudden Infant Death Prevention
Wednesday, January 27 6:30 – 7:30 p.m.	<u>Using Positive Discipline Model</u> 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 and Discipline
Monday, February 8 6:30 – 7:30 p.m.	<u>Being a Mandated Reporter</u> Learn what it means to be a mandated reporter and how to stress the importance of this role with staff.	Sioux Falls	Child Abuse and Neglect
Monday, February 8 7:30 – 8:30 p.m.	<u>Special Needs Children: Understanding and Supporting Parents</u> Discover common parent stressors and how to meet their unique challenges with empathy.	Sioux Falls	Family Life and Communications
Monday, March 1 7 – 8 p.m.	<u>Delight in Me! Self Esteem in Infants and Toddlers</u> How babies feel about themselves depends greatly on the messages they are receiving from their caregivers. Learn how to communicate in respectful, responsive ways to build self-esteem and self-confidence.	Sioux Falls	Child Development
Monday, March 29 6:30 – 7:30 p.m.	<u>Food Handling Techniques</u> Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	Sioux Falls	Food Handling Techniques

Online Registration is Available!

Online registration is available. To register online, follow the steps below.

1. Go to www.sanfordhealth.org/classes-and-events
2. Filter by 'Daycare Providers' under the Category drop down
3. Locate the class you want to attend
4. Click on the class to find the online class registration information



Heartsaver® CPR AED (O)

2021 Classes

Saturday, January 16	8:30 – Noon	Sioux Falls
Saturday, February 6	8:30 – Noon	Sioux Falls
Saturday, March 13	8:30 – Noon	Sioux Falls
Thursday, March 25	6:30 – 10 p.m.	Sioux Falls

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.

Family Child Care Professionals of South Dakota

Out of concern for the safety and health of providers, presenters, vendors and the families they serve, Renew Conference has been moved to Spring of 2022, in Huron with Richard Cohen. Please save the date!

We hope to RENEW with you then! We'll have information soon about our Wonder Conference, scheduled for April 30–May 1, 2021 in Chamberlain. Check our website for updates <https://fccpsd.org/>

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:

Class registration is limited to Sioux Falls city registered family day care providers and their helpers.

Sioux Falls City registered family day care 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.

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

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

A WORD FROM THE DEPARTMENT OF HEALTH....

Providers that are dealing with positive Coronavirus test results in their daycare are asked to contact the SD DOH Covid hotline at 1-800-997-2880. They will be able to answer any questions you have regarding quarantining. If you have questions, regarding operational best practices based on CDC and SD DOH guidelines you can ask for assistance thru the City of Sioux Falls SOAR program by calling the 211 helpline.

