

# SIoux FALLS FAMILY

■ JANUARY – MARCH 2022

# Childcare News

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## 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.

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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)



**SANFORD**  
Children's

Stress is going to happen in your day; *how you deal with it is what matters.*

## REGISTER FOR CLASSES ONLINE!

Follow the steps below to find classes and register on the Sanford Health website

1. Go to [www.sanfordhealth.org/classes-and-events](http://www.sanfordhealth.org/classes-and-events)
2. On the left hand side of the page:
  - Under City check "Sioux Falls, South Dakota"
  - Under Category check "Daycare Providers"
3. Locate the class you want to attend
4. Click on the class to find registration information

## Learning Opportunities

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Tuesday, January 11 7 – 8 p.m.	<b><u>Child Care Essentials: Shaken Baby Syndrome</u></b> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Sioux Falls	Child Abuse & Neglect
Thursday, January 20 7 – 8 p.m.	<b><u>Child Care Essentials: Reducing the Risk of SIDS</u></b> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	On-line	Program Health & Safety
Thursday, January 27 6:30 – 8:30 p.m.	<b><u>We Are What We Eat!</u></b> Creating Healthy Nutrition Environments	Sioux Falls	Child Nutrition & Learning Environments
Saturday, January 29 1 – 3:30 p.m.	<b><u>Certified First Aid</u></b> Learn to handle child illness and injuries in the first few minutes until professional help arrives. A course completion card will be given to students upon successful completion of the course. Course renewal is every 2 years.	Sioux Falls	Program Health & Safety
Monday, February 7 6:30 – 7:30 p.m.	<b><u>Circle Time Without Challenging Behaviors</u></b> This class will assist teachers in developing problem-solving strategies to support young children who are having challenging behavior during circle time.	On-line	Guidance & Behavior Management
Monday, February 7 7:30 – 8:30 p.m.	<b><u>Talking About Race with Young Children</u></b> Learn when to begin conversations about race and discover developmental age appropriate tips for talking to children about race.	On-line	Inclusion of Children
Monday, February 28 7 – 9 p.m.	<b><u>Sweet Dreams!</u></b> Exploring Strategies for Sleep and Relaxation	Sioux Falls	Program Health & Safety & Learning Environments
Monday, March 28 6:30 – 7:30 p.m.	<b><u>What is Social Emotional Development Really?</u></b> Gain an understanding of the Pyramid Model and how it relates to your role as a provider. Learn about the roots of social emotional development as a prevention and relationship-based technique.	Sioux Falls	Child Growth and Development

## 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.

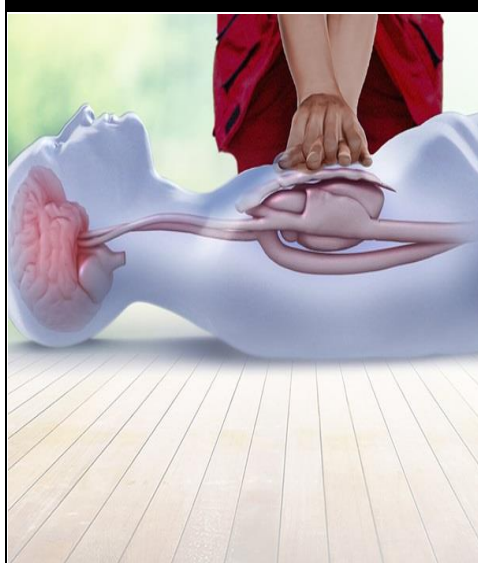
# Face to Face CPR

## 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
Saturday, January 29 8:30 a.m. – Noon	\$0	Sioux Falls	Program Health & Safety
Saturday, February 5 8:30 a.m. – Noon	\$0	Sioux Falls	Program Health & Safety
Saturday, March 12 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:

- 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

### 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.

## 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 & 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  
JANUARY/FEBRUARY/MARCH**

