

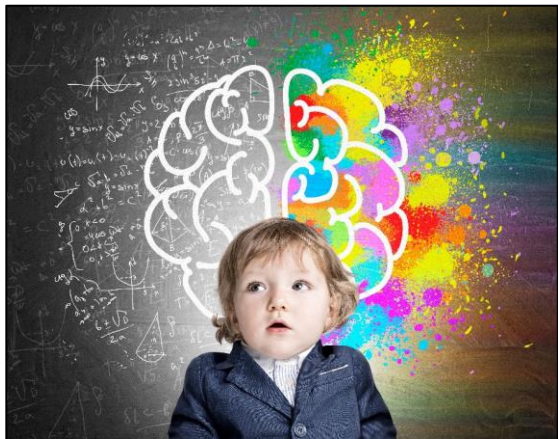
# SIoux FALLS FAMILY

# Childcare News

■ OCTOBER - DECEMBER 2021

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## Importance of Understanding Child Development



Child development refers to the process of acquiring knowledge and skills that all children go through. Each child is unique and goes through the developmental process according to their individual experiences and abilities. The first five years of a child's life are critical for the development of the child's brain since children learn more quickly during their early years than at any other time in life.

Early learning experiences have a direct impact on how children develop learning skills as well as social skills. Therefore, knowledge of the process of child development is essential in encouraging and fostering healthy development. Children acquire skills in five main areas of development:

- Cognitive development
- Social and Emotional development
- Speech and Language development
- Fine Motor Skill development
- Gross Motor Skill development

Cognitive development is the ability to learn and solve problems. Infants start by learning to explore the environment with their senses (see, touch, taste, hear and smell). Toddlers are able to complete simple puzzles. Preschoolers are able to complete simple math problems.

Social and Emotional development is the ability to interact with others and use self-control. Infants recognize faces and develop attachment bonds. Toddlers show excitement around other children and act possessive of objects and people. Preschoolers develop friendships with other children.

Speech and Language development is the ability to understand and use language. Infants start by cooing, babbling and crying. Toddlers repeat words or sentences that are frequently overheard. Preschoolers speak in full sentences and are able to hold brief conversations.

Fine Motor skill development is the ability to use small muscles (hands and fingers). Infants start by grasping objects with their entire hand. Toddlers use their hands to pick up and stack objects. Preschoolers are able to use their fingers to hold writing instruments.

Gross Motor skill development is the ability to use large muscles (crawling and walking). Infants begin by holding their head up and progress to crawling. Toddlers begin cruising by using furniture or adult assistance and progress to walking independently and eventually running and climbing. Preschoolers run, climb up and down objects, hop and jump.

Understanding the areas of child development and "how" children develop helps adults to set age appropriate expectations for children. Age appropriate expectations promote emotional growth and positive self-esteem. Having expectations that are too high for a child's developmental stage can create frustration for both the child and the adult. When adults feel frustrated with a child's behavior, the response can become more punitive than supportive. If you become frustrated with a child's behavior, it's important to ask yourself:

- Is this expectation appropriate for the age of the child?
- Have I expressed my expectation in a way that the child understands?
- Is the child able to express his/her thoughts and feelings?

When adults understand child development and set age appropriate expectations, it reduces stress for the child and the adult. Understanding child development allows the adult to guide the child's behavior in thoughtful and effective ways. These types of adult and child interactions are critical for promoting healthy development for children.

For more information on understanding child development and age-appropriate expectations, consult the South Dakota Early Learning Guidelines.

[https://dss.sd.gov/docs/childcare/early\\_learning\\_guidelines.pdf](https://dss.sd.gov/docs/childcare/early_learning_guidelines.pdf)

## Meet the Staff

### ECE REGION 5 DIRECTOR

Dianna Rajski

### CHILD MANAGER

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### ADMINISTRATIVE ASSISTANTS

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### TRAINING STAFF

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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](mailto:childsrv@sanfordhealth.org)

#### WEBSITE

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

CHILDServices

The first five years of a child's life are critical for the development of the child's brain.



## REGISTER ONLINE FOR CLASSES!

1. Go to [www.sanfordhealth.org/classes-and-events](http://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 class registration information

## Learning Opportunities

DATE/TIME	CLASS TITLE	LOCATION	CATEGORY
Thursday, October 14 6:30 – 7:30 p.m.	<b><u>Supporting the Breastfeeding Family</u></b> This class has information on best practices for child care providers to be able to support families who are breastfeeding.	Sioux Falls	Food Handling Techniques
Tuesday, October 19 6:30 – 9 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 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
Wednesday, October 27 6:30 – 7:30 p.m.	<b><u>When the Crying Doesn't Stop</u></b> Babies can be difficult to soothe & may cry relentlessly; explore why this may happen, the unfortunate consequences of shaking a baby, and how to keep them safe.	On-line	Shaken Baby Syndrome Prevention
Wednesday, October 27 7:30 – 8:30 p.m.	<b><u>The Act of Mindfulness</u></b> In a world full of distractions, mindfulness helps providers have focused success and create consistent self-care practices. Model compassion for the self and others through the act of mindfulness.	On-line	Stress Management
Tuesday, November 2 6:30 – 7:30 p.m.	<b><u>Sudden Unexpected Infant Death Syndrome (SUIDS)</u></b> 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
Tuesday, November 2 7:30 – 8:30 p.m.	<b><u>Child Abuse: Family Support Strategies</u></b> Help prevent child maltreatment by recognizing, supporting & encouraging at-risk families working to build their child-rearing skills & strengths.	Sioux Falls	Child Abuse and Neglect
Monday, November 8 6:30 – 7:30 p.m.	<b><u>Sensory Processing Concerns: What You Need to Know</u></b> All children have unique sensory needs and preferences. Learn about different sensory-related concerns and when further support is needed. Discover ways to support sensory needs in the classroom.	Sioux Falls	Family Life and Communications
Monday, November 8 7:30 – 8:30 p.m.	<b><u>Childhood Illnesses</u></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.	Sioux Falls	Sanitation & Health
Thursday, December 2 7 – 8 p.m.	<b><u>"I'll Have What They're Having"</u></b> Learn how to promote a relaxed, child-friendly atmosphere that encourages conversations and healthy eating habits.	Sioux Falls	Child Nutrition and Growth
Monday, December 13 6:30 – 7:30 p.m.	<b><u>Play is Fun for Everyone</u></b> Explore ideas for providing play opportunities for children of different ages and abilities.	On-line	Developmental Play

### A WORD FROM THE DEPARTMENT OF HEALTH....

City of Sioux Falls daycare registration renewals will be mailed out on September 15th. Please have these returned to us by November 30th to allow time for processing in keeping your registration active.

The Sioux Falls Health Department will increase their routine inspection frequency in 2022. We will move from inspecting one third of those daycares that are only city registered to annually inspecting one half of these providers.

## Heartsaver® CPR AED

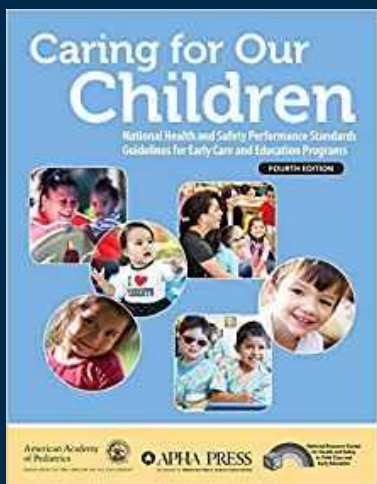
This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches skills with AHA's practice-while-watching technique, which allows instructors to observe the students and provide feedback.

Saturday, October 2	8:30 – Noon	Sioux Falls
Monday, October 4	6:30 – 10 p.m.	Sioux Falls
Saturday, October 30	8:30 – Noon	Sioux Falls
Thursday, November 18	6:30 – 10 p.m.	Sioux Falls
Saturday, December 11	12:30 – 4pm	Sioux Falls



## CHILD DEVELOPMENT RESOURCES

- [earlychildhoodnews.com](http://earlychildhoodnews.com)
- [naeyc.org](http://naeyc.org)
- [zerotothree.org](http://zerotothree.org)



[Stepping Stones to Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs-](#) American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education

## ROOM ENVIRONMENT RESOURCES

- [articles.extension.org/child\\_care](http://articles.extension.org/child_care)
- [Designs for Living and Learning](#) – Deb Curtis and Margie Carter
- [eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/cde/learning-environments](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/cde/learning-environments)

## 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.

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 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.



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

**2021 TRAINING SCHEDULE**  
OCTOBER/NOVEMBER/DECEMBER  
These classes meet the South Dakota child care training requirements for licensing and registration.

