

# CHILD SERVICES OF Aberdeen

■ OCTOBER, NOVEMBER &  
DECEMBER 2021  
■ REGION THREE

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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 are 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 and 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 at [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 3 DIRECTOR**  
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**CHILD MANAGER**  
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**CHILD SERVICES OFFICE HOURS**  
Monday-Friday  
8 a.m. – 5 p.m.

**EMAIL**  
[childservices.aberdeen@sanfordhealth.org](mailto:childservices.aberdeen@sanfordhealth.org)

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



**SANFORD**  
Children's

# General Learning Opportunities

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

**(O):** Qualify for required orientation training topics

**(Q):** Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, November 3 8 – 9 p.m.	<b>Talking About Race with Young Children</b> Learn when to begin conversations about race and discover developmental age appropriate tips for talking to children about race.	\$5	Online	Inclusion of All Children
Thursday, November 4 6:30 – 7:30 p.m.	<b>Trauma-Sensitive Early Childhood Classrooms</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 classroom is trauma-sensitive.	\$5	Online	Learning Environments
Friday, November 12 10 – 11 a.m.	<b>Being the Best Leader You Can Be</b> Leaders will learn strategies to enhance their leadership style.	\$0	Online	Program Management & Regulations
Friday, November 12 11 a.m. – Noon	<b>Managing Challenging Staff Behaviors</b> Learn the do's and don'ts in a difficult conversation. How to prepare and open up the communication and how to close the conversation with an employee. Learn what to watch out for and how to follow up after the conversation.	\$0	Online	Program Management & Regulations
<b>INS AND OUTS OF LESSON PLANNING</b> <b>(Q)</b> Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Wednesday, October 6 7:30 – 9 p.m.	<b>Lesson Plan Basics</b> Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$5	Online	Program Management & Regulations
Wednesday, October 13 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.	\$5	Online	Child Growth & Development
Wednesday, October 20 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.	\$5	Online	Observing Children
Wednesday, October 27 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)	\$5	Online	Age Appropriate Planning

# Early Learning Guidelines for Caregivers

**(Q)** Training series identified in proposed South Dakota QRIS Framework. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, October 5 7:30 – 9 p.m.	<b>Approaches to Learning</b> The use of play, everyday tasks, and an enriching environment to support young children's creativity, imagination and increasingly complex & challenging play.	\$5	Online	Age Appropriate Planning
Tuesday, October 12 7:30 – 9 p.m.	<b>Social &amp; Emotional Development</b> Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	\$5	Online	Guidance & Behavior Management
Tuesday, October 19 7:30 – 9 p.m.	<b>Communication, Language &amp; Literacy</b> Strategies to set up an environment that encourages exploration, play and social interactions for young children and the development of literacy skills and oral language.	\$5	Online	Interpersonal Communication & Relationships
Tuesday, October 26 7:30 – 9 p.m.	<b>Cognitive, Health &amp; Physical Development</b> Building relationships and providing an environment & activities to support reasoning, motor development, and health & safety skills.	\$5	Online	Child Growth & Development

# Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
<b>PRESCHOOL SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Thursday, October 7 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.	\$5	Online	Guidance & Behavior Management
Thursday, October 14 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.	\$5	Online	Learning Environments
Thursday, October 21 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.	\$5	Online	Guidance & Behavior Management
Thursday, October 28 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.	\$5	Online	Guidance & Behavior Management

# Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children six weeks to three year olds. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, October 21 6:30 – 7:30 p.m.	<b>Using Positive Discipline Model</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.	\$5	Online	Guidance & Behavior Management
Thursday, October 21 7:30 – 8:30 p.m.	<b>Child Care Essentials: Shaken Baby Syndrome (O)</b> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	\$5	Online	Child Abuse & Neglect
Thursday, November 4 7:30 – 8:30 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.	\$5	Online	Child Abuse & Neglect
<b>INFANT/TODDLER ENTRY LEVEL SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, November 9 7:30 – 9 p.m.	<b>Ages of Infancy</b> Developmental needs of infants and toddlers as they grow and explore.	\$5	Online	Child Growth & Development
Tuesday, November 16 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.	\$5	Online	Guidance & Behavior Management
Tuesday, November 23 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.	\$5	Online	Age Appropriate Planning
Tuesday, November 30 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.	\$5	Online	Program Health & Safety

## REGISTER FOR CLASSES TODAY!

To register for class, call 605-226-5675 or visit [www.sanfordhealth.org/classes-and-events](http://www.sanfordhealth.org/classes-and-events)  
Please remember, if you register for a class and are unable to attend, it is a courtesy to call and cancel your registration.

# Preschool Learning Opportunities

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

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, November 11 6:30 – 7:30 p.m.	<b>Increasing Reading Engagement: The Picture Walk</b> Use a picture walk to preview pictures & familiarize the child with a story before introducing textures, asking questions, & making observations & predictions.	\$5	Online	Age Appropriate Planning
Thursday, November 11 7:30 – 8:30 p.m.	<b>Circle Time Without Challenging Behaviors</b> This class will assist teachers in developing problem-solving strategies to support young children who are having challenging behavior during circle time.	\$5	Online	Guidance & Behavior Management
<b>PRESCHOOL ENTRY LEVEL SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, November 2 7:30 – 9 p.m.	<b>Child Growth &amp; Development</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Child Growth & Development
Tuesday, November 9 7:30 – 9 p.m.	<b>Behavior Management &amp; Guidance</b> Using positive guidance techniques and establishing a program climate that promotes positive behavior.	\$5	Online	Guidance & Behavior Management
Tuesday, November 16 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.	\$5	Online	Program Health & Safety
Tuesday, November 23 7:30 – 9 p.m.	<b>Social Interactions and Learning Environments</b> Supporting children's individual needs through learning environments and relationships.	\$5	Online	Learning Environments
<b>PRESCHOOL BEST PRACTICE SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Monday, December 6 7:30 – 9:30 p.m.	<b>Best Practices In Preschool Cultural Diversity</b> Cultural continuity and building partnerships with parents; incorporating cultural practices in caregiving.	\$5	Online	Cultural Diversity
Wednesday, December 8 7:30 – 9:30 p.m.	<b>Developmentally Appropriate Preschool Curriculum</b> Planning a developmentally appropriate curriculum that builds on children's needs and interests.	\$5	Online	Age Appropriate Planning
Monday, December 13 7:30 – 9:30 p.m.	<b>The Role Of Observation, Documentation &amp; Assessment</b> Best practices in implementing observation, documentation and assessment tools & techniques for preschool children.	\$5	Online	Observing Children
Wednesday, December 15 7:30 – 9:30 p.m.	<b>Appropriate Guidance &amp; Promoting Behavior</b> Understanding preschooler's behavior; ways to provide positive guidance & build conflict resolution skills.	\$5	Online	Guidance & Behavior Management

# Out of School Time Learning Opportunities

Classes with an emphasis on caring for school age children. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, November 3 7 – 8 p.m.	<b>Schedules &amp; Routines</b> Learn how to create a schedule that incorporates routines for your school-age programs.	\$5	Online	Age Appropriate Planning
<b>OUT OF SCHOOL BEST PRACTICE SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Monday, December 6 Noon - 2 p.m.	<b>Building Relationships With Communities, Families And Schools</b> Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Interpersonal Communication & Relationships
Wednesday, December 8 Noon - 2 p.m.	<b>Observation, Assessment And Inclusion</b> The importance of observations and assessment to support all OST children in an inclusive setting.	\$5	Online	Child Growth & Development

Monday, December 13 Noon - 2 p.m.	<b>Developmentally Appropriate Planning And Curriculum</b> Learn how planning high quality program activities and experiences will promote children's success.	\$5	Online	Age Appropriate Planning
Wednesday, December 15 Noon - 2 p.m.	<b>Guidance and Behavior Management</b> Participants will learn about managing groups, modeling leadership, and effective use of routines and schedules.	\$5	Online	Guidance & Behavior Management



## fitCare Learning Opportunities

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, October 21 6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Thursday, November 18 6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Tuesday, December 7 6:30 – 8:30 p.m.	<b>Sweet Dreams!</b> Exploring Strategies for Sleep and Relaxation	\$0	Online	Learning Environments Program Health & Safety
Tuesday, December 14 6:30 – 8:30 p.m.	<b>Mindful Moment!</b> Supporting Children's Social and Emotional Development.	\$0	Online	Guidance & Behavior Management Age Appropriate Planning
Monday, December 20 6:30 – 8:30 p.m.	<b>We Are What We Eat!</b> Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, December 21 6:30 – 8:30 p.m.	<b>We Are What We Eat!</b> Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, December 28 6:30 – 8:30 p.m.	<b>Ready, Set, Move!</b> Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development

## Family Child Care Provider Focus Learning Opportunities

Classes specific to care provided in family child care settings. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
<b>FAMILY CHILD CARE ENTRY LEVEL SERIES</b>				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Monday, November 1 7:30 – 9 p.m.	<b>Keep It Safe &amp; Healthy</b> Best basic health and safety practices for your children, environment, and family childcare program.	\$5	Online	Program Health & Safety
Monday, November 8 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.	\$5	Online	Child Growth & Development
Monday, November 15 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.	\$5	Online	Interpersonal Communication & Relationships
Monday, November 22 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.	\$5	Online	Program Management & Regulations



# Leadership Best Practice Series

Classes to help providers lead and mentor staff in child care programs. Location details given upon registration.

LEADERSHIP SERIES				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, December 7 7:30 – 9:30 p.m.	<b>Qualities of a Leader</b> Review good leadership traits & the four types of early childhood leaders. Learn your own leadership style & strengths, and ways to lead team members with equity.	\$5	Online	Professionalism
Thursday, December 9 7:30 – 9:30 p.m.	<b>Observational Assessments and Professional Development</b> Observational assessment is foundational for an engaging center learning community. Explore connections between professional development, retention rate, & overall program quality.	\$5	Online	Professionalism
Tuesday, December 14 7:30 – 9:30 p.m.	<b>Team Development</b> Team dynamic is the focus of this class. Discover what is essential in a team player, and explore the skills & processes it takes to build & rebuild the unity in your team.	\$5	Online	Professionalism
Thursday, December 16 7:30 – 9:30 p.m.	<b>Managing Difficult Conversations</b> Explore different confrontation types, and ways to mitigate & resolve conflict. Learn to manage difficult conversations head-on through healthy & positive team dynamics, policies & expectations.	\$5	Online	Professionalism

## ECE Class Policy

### e-Learning Online Classes

REQUIREMENTS: Computer with internet connectivity; check [http://wcservices.adobeconnect.com/common/help/en/support/meeting\\_test.htm](http://wcservices.adobeconnect.com/common/help/en/support/meeting_test.htm) for complete system requirements. Class registration is closed 48 hours prior to scheduled class start time. Monday class registration is closed at 5 p.m. on the Thursday prior to the class. Class registration is secured once payment is received. 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.
3. Complete 3 learning statements at the end of the class.

### 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.



# Saturday Spectacular

One-day events with classes for childcare caregivers of various ages and settings.

## FAMILY CHILD CARE SATURDAY SPECTACULAR | OCTOBER 16

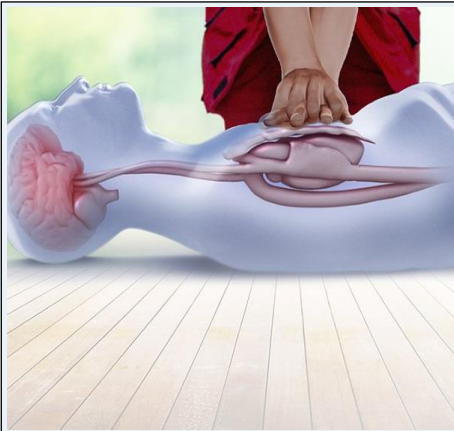
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, October 16 9 – 10 a.m.	<b>Promoting Yourself as a Professional</b> What does it take to be viewed as a professional? Learn strategies to promote yourself as a professional.	\$0	Aberdeen & Online	Professionalism
Saturday, October 16 10 – 11 a.m.	<b>Setting Up Daycare in My Family's Home</b> Learn ways to provide a learning environment in your home.			Learning Environments
Saturday, October 16 11 a.m. – Noon	<b>Setting Up Boundaries with Parents</b> Boundaries can be blurred when you run your business out of your home. Learn ways to keep parent relationships friendly but professional.			Partnerships with Parents

# Saturday Spectacular

One-day events with classes for childcare caregivers of various ages and settings.

## GENERAL SATURDAY SPECTACULAR | NOVEMBER 13

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, November 13 9 – 10 a.m.	<b>Trauma-Sensitive Early Childhood Classrooms</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 classroom is trauma-sensitive.	\$0	Aberdeen & Online	Learning Environments
Saturday, November 13 10 – 11 a.m.	<b>The Act of Mindfulness</b> In a world full of distractions, mindfulness helps providers have focused success and create consistent self-care practices. Model compassion for yourself and others through the act of mindfulness.			Professionalism
Saturday, November 13 11 a.m. – Noon	<b>Talking About Race with Young Children</b> Learn when to begin conversations about race and discover age appropriate tips for talking to children about race.			Inclusion of All Children



### Online CPR Training Option

Providers have an option to complete the education portion online and conduct face to face skill testing in Aberdeen.

Below is the process to conduct the education portion online and skill testing face to face in Aberdeen:

- Complete the online course (cost of \$15)
- After completion of the online course, you will have 60 days to complete the face to face skill testing portion
- Contact our office to schedule 1:1 skill testing. Certificate of completion of online course must be brought to skill testing.

For additional questions or to schedule a 1:1 skill testing, please call 605-226-5675 or 1-800-982-6404.



**2021 TRAINING SCHEDULE**

OCTOBER/NOVEMBER/DECEMBER

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

## Certified CPR & First Aid (O)

### ADULT, CHILD & INFANT CPR/AED (O)

**CPR Policy:** This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches the skills with 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, November 6 8:30 a.m. – Noon	\$20	Aberdeen	Program Health & Safety

### CERTIFIED FIRST AID (O)

The American Heart Association's new 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 emailed to students upon successful completion of the course.

DATE/TIME	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, November 6 1 – 3:30 p.m.	\$5	Aberdeen	Program Health & Safety

### CPR and First Aid Class Registration and Payment Policy:

Certified CPR & First Aid registrations are not confirmed until payment is received. If payment is not received 24 hours prior to the start of the class, this class registration will be given to the first participant that secures this registration with a payment.