

Sioux Falls Family Child Care News

July 2018 Volume 14 Issue 3

Balancing Your Home and Business

Providing child care in your home requires a balance between your business and your family. Establishing boundaries is essential for your own family and your clients so you can maintain an even balance of work and family.

Determine what space belongs to who. It is important to keep things as separate as possible. Define what is used for daycare and what is for your family.

- Is your dining room or family room off limits?
- Is there just one door that your clients should use for drop off and pick up?
- Is one bathroom designated for daycare only?

Keep clear business hours. A set hours of operation keeps you on track and helps your family and your clients know when daycare is open.

- All business have set hours. Your daycare business should too.
- Have a policy in place to address this issue if needed.
- Be sure your daycare families know your hours and respect them.

Establish rules and guidelines. Use contracts and policies to set clear expectations concerning child care rules and the physical logistics of your business.

- Having open communication is necessary to meet your client's expectations and to ensure your expectations are understood.
- Rules are only effective if you enforce them!

Minimize the impact for your own kids. It is difficult for children to share their parent's time with other children. It can also be hard to share their home and belongings.

- Make your children's bedrooms off limits to daycare children. This will help your children feel like they have space away from the communal demands of the daycare.
- Keep personal toys put away so they do not have to share. If one of your children chooses to bring a toy out during daycare hours, ensure your child understands it will need to be shared with the daycare children.

Take care of yourself. Find ways to take care of yourself.

- Make productive use of naptime. Prepare for the afternoon activities. Work on your own personal projects, or better yet, sit down and rest a moment.
- Take time for you. Get out of the house when you can to do something with friends/family in the evening or on the weekend.
- Go to the gym or take a walk. Movement helps reduce stress and helps lessen anxiety.
- Network with other providers. Having a group, friend or confidant you can utilize for a sympathetic ear can be helpful.

For more tips, check out the class, *Balancing the Needs of My Child*, on Thursday, August 16. See page 3 for more information.

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Children's



Bring the Beach to Your Home

Get Up and Move – Beach Ball Activities

The Beach Ball Says...

For each color on the beach ball, write an activity (jumping jacks, toe touches, crawl like a bear, etc.) on masking tape. Place the piece of masking tape with an activity on each color of the beach ball. As each child catches the beach ball, the group must do the activity that the right hand lands on, etc.

Beach Themed Books

Beach by Elisha Cooper

Stella Star of the Sea by Marie-Louise Gay

Harry by the Sea by Gene Zion

Easy Summer Popsicles

Ingredients:

- 9 large strawberries
- 1.5 cup low-fat strawberry yogurt
- 1 ice cube tray (with at least 12 cubes)
- 12 popsicle sticks

Directions:

1. Cut strawberries into small pieces.
 2. Blend yogurt and fruit.
 3. Pour into ice cube tray and place popsicle sticks in each cube.
 4. Freeze for 3-4 hours.
 5. Enjoy as a frozen treat.
- Substitute other fruits for a fun variety.

Keep the Ball Up

Using pool noodles, the children must keep the beach ball(s) up in the air. For younger children, use towels and have children partner up. Each group of 2 or 3 children takes a towel edge and must keep the beach ball up in the air.

Colored Sand Masterpiece

Materials:

- paper plates or construction paper
- white glue or clear bottled glue
- colored sand (purchased or make your own)

Instructions:

1. Draw a picture with the glue on the paper plate or construction paper – (this works children’s fine motor skills).
2. Sprinkle the colored sand over the glue.
3. Gently tap off the extra sand.
4. Let the masterpiece dry completely before displaying.

Make Your Own Colored Sand

Materials:

- table salt
- food coloring
- zipped plastic bag

Instructions:

1. Fill zipped plastic bag with table salt.
2. Add several drops of food coloring.
3. Zip the plastic bag closed.
4. Have the children squish the bag to make the salt transform from white to a fun new color.

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 family day care providers, and their helpers, receive one free CPR class per year.

CPR Cancellation Policy

1. 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.
2. 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.

Mark Your Calendars!

CPR Opportunities

CPR classes held at CHILD Services. Verify CPR class location when registering.

Class Dates:

- Monday, July 30, 2018 • 6:30 – 10 p.m.
- Saturday, August 11, 2018 • 8:30 a.m. – Noon
- Saturday, September 15, 2018 • 8:30 a.m. – Noon
- Monday, September 24, 2018 • 6:30 – 10 p.m.



Learning Opportunities

Verify classroom when registering.

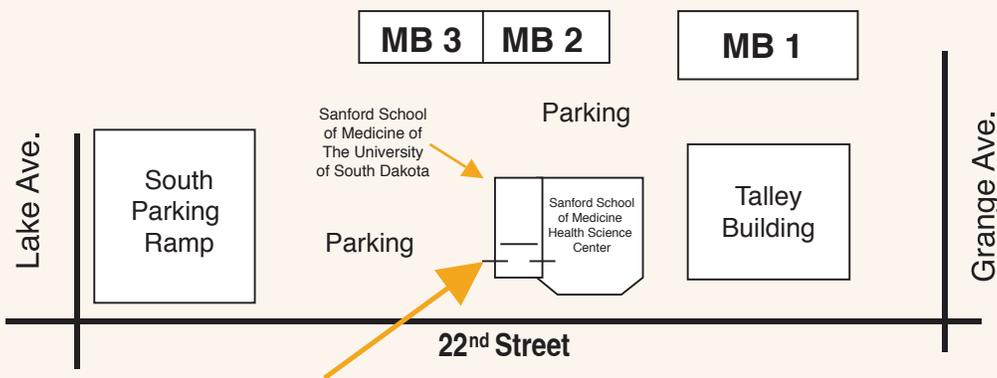
Date/Time	Class Title	Location	Category
Thursday, July 12 6:30 – 7:30 p.m.	<u>Child Care Essentials: Shaken Baby Syndrome</u> Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Sioux Falls	<i>Shaken Baby Syndrome Prevention</i>
Thursday, July 19 6:30 – 9 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	<i>Safety & Health</i>
Monday, July 23 6:30 – 7:30 p.m.	<u>10 Things Every Child Needs</u> Learn ways to create an environment that enhances the growth and development of young children in your care.	Sioux Falls	<i>Child Development</i>
Tuesday, August 7 7 – 8 p.m.	<u>Ready Set Go</u> Ideas to help children choose a healthy lifestyle through nutrition, physical activity, and a stress-free environment.	Sioux Falls	<i>Safety & Health</i>
Thursday, August 16 6:30 – 7:30 p.m.	<u>Detecting and Reporting Child Abuse and Neglect</u> Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.	Sioux Falls	<i>Child Abuse & Neglect</i>
Thursday, August 16 7:30 – 8:30 p.m.	<u>Balancing the Needs of My Child</u> Having your own children in your daycare can be a challenge. Learn some ideas and strategies to balance the needs of your own child(ren) within your daycare.	Sioux Falls	<i>Family Life & Communication</i>
Tuesday, August 21 6:30 – 7:30 p.m.	<u>Hold My Hand: Teaching Safety Rules to Children</u> Children don't understand risk so it up to you to teach them safety rules. Learn ways to teach rules in a fun and engaging way.	Sioux Falls	<i>Safety & Health</i>
Thursday, September 6 6:30 – 7:30 p.m.	<u>Child Care Essentials: Reducing the Risk of SIDS</u> Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Sioux Falls	<i>Sudden Infant Death Prevention</i>
Thursday, September 6 7:30 – 8:30 p.m.	<u>Nutrition to Fuel the Body and Mind</u> Explore the current eating habits of children, use the MyPlate food guide and learn hands on activities.	Sioux Falls	<i>Child Nutrition & Growth</i>
Tuesday, September 18 7 – 8 p.m.	<u>A Bit about Biting</u> Just because biting is a common behavior for young children doesn't mean you should ignore it. Gain ways to decrease biting in the classroom.	Sioux Falls	<i>Guidance & Discipline</i>

Class size may be limited, so registration is required. For more information on the classes, class location or to register; call CHILD Services at (605) 312-8390.

- Sanford
- Sanford Medical Center
- CHILD Services
- 1115 West 41st St.
- Sioux Falls, SD 57105

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CHILD Services Office and Class Locations



Go in the main entrance of the Sanford School of Medicine Health Science Center (1400 W. 22nd). Instead of going straight ahead into the Wegner Library, turn left and go through the double doors. Signs will be posted to guide you.

Office Location:
CHILD Services Office
1115 W. 41 St.
Sioux Falls, SD
(605) 312-8390
(800) 235-5923

