

# Sioux Falls Family Child Care News

April 2019 Volume 15 Issue 2

## Field Trip Safety

A well-planned and organized field trip provides a safe and great learning opportunity for children. It is a learning opportunity for children to see and explore new things. In order to minimize stress and safety concerns, consider the following suggestions.

### Field Trip Destination

There are several things to consider when choosing a field trip destination. It is important to make sure that it is age and developmentally appropriate for the children in your care. Research the available activities offered and determine what is a fit for the children in your care. For best practice, go and explore the field trip in advance to familiarize yourself with the location.

- Identify all the exits and emergency exits
- Locate all the bathrooms and water fountains
- Designate a safe place for the children to go to in case of an emergency
- Detect any potential hazards

### Transportation

Every child in your care must have the proper child safety restraint. It is best if parents provide the car seat and ensure it is adjusted to their child's needs. Here are some of the basic guidelines to ensure the safety of child during transportation.

- **Selection:** Choose the right car seat for the child based on the child's age, weight, and height. Read all the labels on the side of the car seat.
- **Direction:** Rear-facing car seats are safer than forward facing car seats.
- **Location:** Read the car seat owner's manual (usually available online) as well as your vehicle's manual to figure the safest location for car seats.

- **Harnesses:** Make sure the harness slots are correct. For rear facing, the harnesses must be at or below the child's shoulders. For forward facing, the harnesses must be at or above the child's shoulders.

- **Installation:** Follow and refer to the car seat owner's manual to ensure the proper installation. The car seat should not move more than an inch side to side by the belt path.

### Important Health and Safety Item Checklist

Check to make sure you packed the following supplies:

- Attendance sheet
- Individual child's information
- Charged cell phone
- Emergency contacts
- Bottled water
- Sunscreen and/or insect repellent
- First Aid Kit
- Emergency medication and health care plan for any child with special health care needs

### Staying Together

To ensure the safety of the children, staying together and supervision is key.

- If you have a helper, divide the children into small groups
- Dress the children in the same color or have a special tag for easy identification
- Conduct face to name roll call every time you change locations

Join Us for  
Child Passenger  
Safety on Monday,  
April 8 at 6:30 p.m.

**SANFORD**  
Children's

**A Word from the Health Department**  
Renewals are coming up, so please get your continuing education completed.

## Field Trip Snack Ideas

Here is a list of simple, healthy snack ideas for field trips:

- Pretzels
- Whole grain cereal
- Crackers
- Fruits: apples, bananas, or dried fruits
- Vegetables: celery, carrots, cucumbers
- Refillable water bottles
- Granola bars
- Rice cakes
- Jerky

# Field Trip Fun

## Children's Book About Field Trips

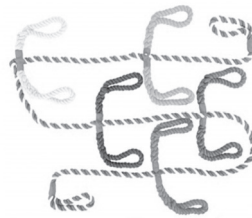


*Miss Bindergarten Takes a Field Trip with Kindergarten*  
by Joseph Slate

## Field Trip Suggestions

The following products may help ensure security. These are not a substitute for face to name roll count.

- **Walking Rope**  
A simple way to keep children walking together during your field trip exploration.



- **Tour Guide Flag**  
A flag can help children see where you are easier.



## Field Trips in Sioux Falls

Here is a list of some field trip locations available in Sioux Falls:

- Sertoma Butterfly House & Marine Cove
- The Outdoor Campus
- Great Plains Zoo
- Old Courthouse Museum
- Kirby Science Discovery Center
- Sculpture Walk
- Falls Park
- USS South Dakota Battleship Memorial

## 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, April 15 • 6:30 – 10 p.m.

Saturday, June 8 • 8:30 a.m. – Noon

Tuesday, June 18 • 6:30 – 10 p.m.



## Learning Opportunities

Verify classroom when registering.

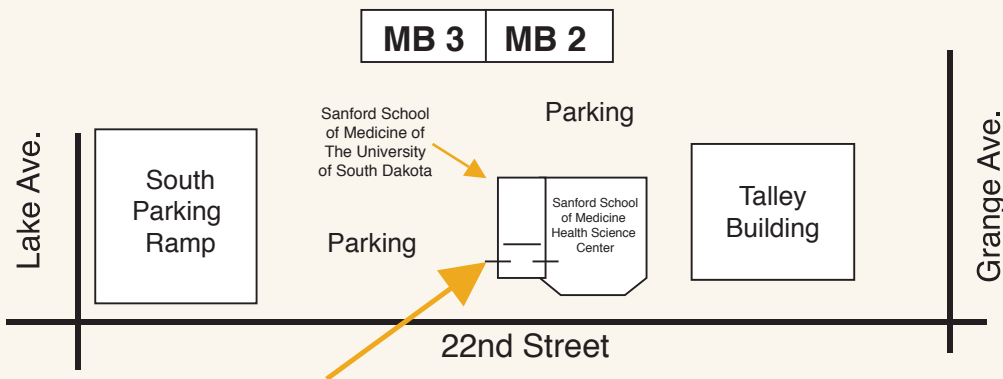
| Date/Time                              | Class Title   | Location    | Category                              |
|--|---|-------------|---------------------------------------|
| Thursday, April 4<br>6:30 – 9 p.m.     | <b>Certified First Aid</b><br>Learn to handle child illness and injuries in the first 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 and Health</i>              |
| Monday, April 8<br>6:30 – 7:30 p.m.    | <b>Child Passenger Safety</b><br>Learn proper use and installation practices for child passenger safety seats.  | Sioux Falls | <i>Safety and Health</i>              |
| Thursday, April 18<br>6:30 – 7:30 p.m. | <b>Balancing the Needs of My Child</b><br>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.   | Online      | <i>Family Life and Communications</i> |
| Thursday, May 2<br>6:30 – 7:30 p.m.    | <b>Supporting The Abused Child</b><br>Your childcare program can be a refuge for children who are being abused or neglected. Learn effective techniques for supporting these children.  | Sioux Falls | <i>Child Abuse and Neglect</i>        |
| Monday, May 6<br>6:30 – 7:30 p.m.      | <b>Germs—They're Everywhere!</b><br>Germs are lurking everywhere, just waiting to make you and your kids sick. Fight back with good general hygiene habits.   | Sioux Falls | <i>Sanitation &amp; Health</i>        |
| Monday, May 20<br>6:30 – 7:30 p.m.     | <b>Take Time to Breathe</b><br>Learn ways to relieve your stress in the midst of your chaotic day.  | Sioux Falls | <i>Stress Management</i>              |
| Thursday, May 30<br>7 – 8 p.m.         | <b>Minimizing The Risk of Shaken Baby Syndrome</b><br>Proactively minimize the risk of Shaken Baby Syndrome in your childcare program by recognizing and managing stressful situations.   | Sioux Falls | <i>Child Abuse and Neglect</i>        |
| Monday, June 10<br>7 – 8 p.m.          | <b>Minimizing The Risk of Shaken Baby Syndrome</b><br>Proactively minimize the risk of Shaken Baby Syndrome in your childcare program by recognizing and managing stressful situations.   | Sioux Falls | <i>Child Abuse and Neglect</i>        |
| Thursday, June 27<br>6:30 – 7:30 p.m.  | <b>Thinking Outside the Box</b><br>Tired of the same old toys, learn how to use materials in new ways.  | Sioux Falls | <i>Developmental Play</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



**CHECK OUT  
THE NEWSLETTER  
ONLINE**

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

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

