

# Sioux Falls Family Child Care News

April 2018 Volume 14 Issue 2



To learn more about what to do in case of injuries, register for the Certified First Aid class on Thursday, April 5th; more information on page 3.

## Is Your First Aid Kit Ready for Spring?

With spring here, we're spending more time outside. Active outside time comes with bumps, scrapes and bruises so it's more important than ever to make sure your first aid kit is well-stocked. It's easy to use up supplies and forget to re-stock so make it a priority to check your kit. The American Academy of Pediatrics (AAP) recommends that first aid kits be inventoried every month.

Be sure your first aid kit or supplies are kept in a closed container, cabinet, or drawer that is labeled and locked or otherwise inaccessible to children. If you are going on a field trip or to the park, be sure to take a small first aid kit along with your cell phone.

### What should go in a first aid kit

The AAP recommends that first aid kit should contain at least the following items:

- Disposable nonporous, latex-free or non-powdered latex gloves (latex-free recommended)
- Scissors
- Tweezers
- Non-glass, non-mercury thermometer to measure a child's temperature
- Bandage tape
- Sterile gauze pads

- Flexible roller gauze
- Triangular bandages
- Safety pins
- Eye patch or dressing
- Pen/pencil and note pad
- Cold pack
- Water (two liters of sterile water for cleaning wounds or eyes)
- Liquid soap to wash injury and hand sanitizer, used with supervision, if hands are not visibly soiled or if no water is present
- Tissues
- Wipes
- Individually wrapped pads to contain bleeding of injuries
- Adhesive strip bandages, plastic bags for cloths, gauze, and other materials used in handling blood

Having a well-stocked first aid kit gives you peace of mind knowing that you are prepared to take care of the children in your family child care.

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Children's

# Spring into Learning About Clouds and Rain

## Cloud Jello

### Ingredients

- 2 boxes of blue jello mix
- Whipped cream
- Clear plastic cups

### Directions

1. Make jello according to directions on the box.
2. When jello is fully set, stir it to break it up into pieces.
3. Spoon jello pieces and whip cream into plastic cups, alternating the two.

## Rain Cloud in a Jar

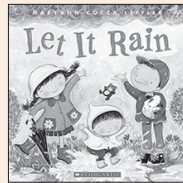
### Materials

- Clear jar
- Water
- Shaving cream
- Food coloring

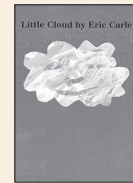
### Directions

1. Fill clear jar almost to the top with water.
2. Top it with a generous amount of shaving cream.
3. Drip food coloring into the shaving cream cloud.
4. Watch the colored "rain" fall from the cloud.

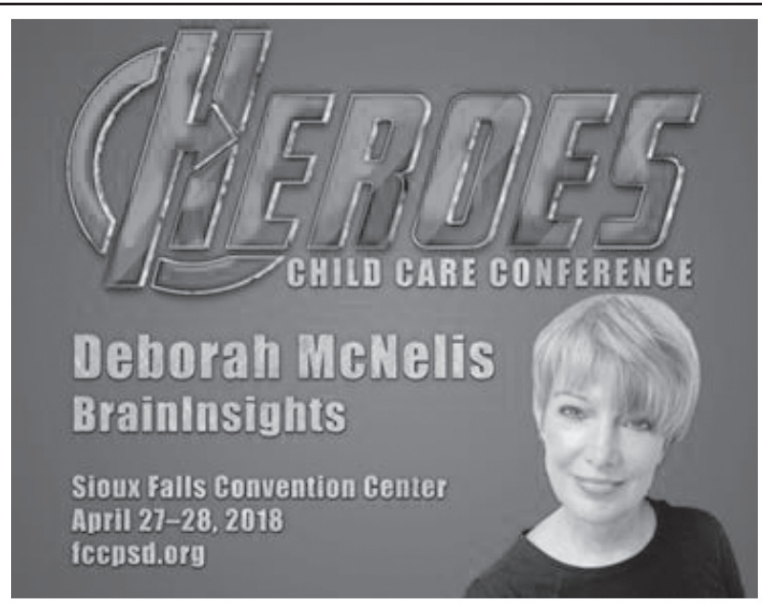
## Books to Read with Children



*Let It Rain*  
by Maryann  
Cocca-Leffler



*Little Cloud*  
by Eric Carle



## The American Heart Association transitioned to eCards only.

- An email address is required at time of registration for CPR or Certified First Aid.
- CPR and Certified First Aid certified cards will no longer be printed and mailed.

## How do you receive a certified CPR or First Aid card?

1. At the email address provided, participant will receive an email from the American Heart Association to access his/her eCard.
  - o Participant will be able to access his/her eCard as long as certification is valid.
2. Participant will be asked to complete a short survey and then will be able to print his/her eCard.

## 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 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 9, 2018 • 6:30 – 10 p.m.

Thursday, May 10, 2018 • 6:30 – 10 p.m.

Saturday, June 9, 2018 • 8:30 a.m. – Noon

Tuesday, June 19, 2018 • 6:30 – 10 p.m.



## Learning Opportunities

Classes held in Wegner Health Science Center. Verify classroom when registering.

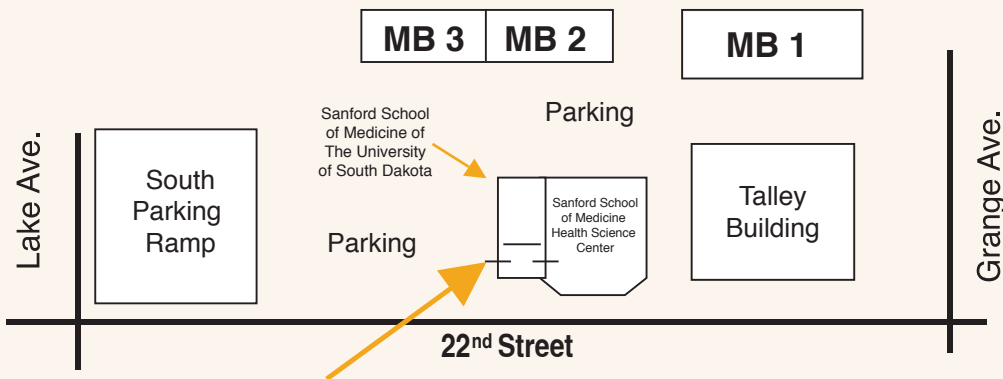
Date/Time	Class Title	Location	Category
Thursday, April 5 6:30 – 9 p.m.	<b><u>Certified First Aid</u></b> Learn to handle child illness and injuries in the first few minutes until professional help arrives. A Heartsaver Pediatric First Aid Course completion card will be given to students upon successful completion of the course. Course renewal is every 2 years.	Sioux Falls	<i>First Aid</i>
Thursday, April 19 6:30 – 7:30 p.m.	<b><u>Promoting Yourself As a Professional</u></b> What does it take to be viewed as a professional? Learn strategies to promote yourself as a professional.	Sioux Falls	<i>Family Life and Communications</i>
Thursday, May 3 6:30 – 7:30 p.m.	<b><u>Detecting and Reporting Child Abuse and Neglect</u></b> 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 and Neglect</i>
Monday, May 14 6:30 – 7:30 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	<i>Shaken Baby Syndrome Prevention</i>
Thursday, May 24 6:30 – 7:30 p.m.	<b><u>Winning the War on Head Lice</u></b> Learn how to identify, treat, & prevent head lice.	Sioux Falls	<i>Safety and Health</i>
Tuesday, June 12 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).	Sioux Falls	<i>Sudden Infant Death Prevention</i>
Thursday, June 21 6:30 – 7:30 p.m.	<b><u>Food Handling Techniques</u></b> Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	Sioux Falls	<i>Food Handling Techniques</i>
Monday, June 25 7 – 8 p.m.	<b><u>Music for All Ages</u></b> Children love music! Learn ways to put more music and movement in your day.	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

