

# Sioux Falls Family Child Care News

January 2018 Volume 14 Issue 1

Understanding temperament is a key to understanding the children in your care. Attend the class "How Do We Help This Child" on February 12th.

## What is Temperament?

Just as children are born with their own combination of physical characteristics such as hair color, eye color and skin tone; each child is born with a pattern of behavior known as temperament. Temperament influences the way children respond and react to the world around them.

Temperament is not to be viewed as a label or an excuse for someone's behavior. Also, temperament does not mean one has a temper. Temperament is a combination of nine behavior traits that combine together to define children's emotional style and can provide you with an understanding of how to accept, anticipate and appreciate their unique personalities. The nine temperament traits are:

- Activity Level - refers to the child's physical energy
- Regularity - refers to the level of predictability in biological functions, such as eating and sleeping
- Approach/Withdrawal - refers to how the child responds (whether positively or negatively) to new people or environments
- Adaptability - refers to how long it takes the child to adjust to change over time
- Sensitivity - refers to how easily a child is disturbed by changes in the environment; noise, temperature, lighting, etc.

- Quality of Mood - refers to one's general tendency towards a happy or serious demeanor
- Intensity of Reactions - refers to the energy level of a positive or negative response; degree of emotional reactions
- Distractibility - refers to the tendency to be sidetracked by other things going on around them
- Persistence - refers to the length of time one spends on a task and ability to stay with the task through frustrations

How these nine traits connect in various settings impacts children's feelings and thoughts which results in their behavior. Knowing children's temperament can provide you with insight and confidence to respond to their needs and provide appropriate guidance when needed. Understanding temperament is a key to understanding the children in your care.

On February 12th, attend the class "How Do We Help This Child" to learn more about the temperament trait Intensity of Reaction.

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Children's

## A Word from the Health Department

Renewals have been sent out so get your classes done early.

## Sioux Falls WOW 2018

**Saturday, January 20**

**8:30 a.m. – 4 p.m.**

*(Includes 1.5 hours for lunch)*

**Washington Pavilion, Sioux Falls, SD**

**SF WOW website:**

<http://siouxfallswow.weebly.com/>

“One Voice, One Choice. Children!”

Featuring Keynote Speaker:  
Gigi Schweikert

## 2017 Annual Survey

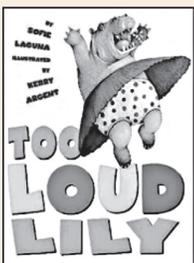
- Look for the 2017 Annual Survey in your mailboxes mid-January.
- Please complete the survey! Your feedback and input assists CHILD Services with program planning and class topic offerings.
- Return the survey, in the envelope provided, for a chance to win a \$25 Visa gift card.

# Stuck Inside? Perfect Time for Books!

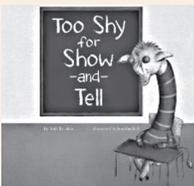
## Tips to Include Books in Your Child Care Day

- Make a reading nook. Ask the older children to help design it.
- On a rotation, have one child per week bring his/her favorite book to share.
- Each month, pick a book as your children’s book of the month.

## Books to Read with Children



*Too Loud Lily*  
by Sofie Laguna



*Too Shy for Show and Tell*  
by Beth Bracken

## All About Me Book

1. Ask children to draw a self-portrait on a piece of paper (this will be the cover).
2. Have children cut pictures from magazines and glue them on pages with the following headings:
  - Food I like
  - People I like
  - Toys I play with
3. Ask children these questions and write down their answers on separate pieces of paper:
  - What is your favorite color?
  - What is your favorite thing to do?
  - How do you help your family?
  - What do you like to do with your family?
  - What do you want to be when you grow up?
  - What is your favorite movie?
4. Ask children to illustrate their pages.
5. Bind books by punching holes in pages and stringing with yarn.

# Mark Your Calendars!

## CPR Opportunities

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

### Class Dates:

Thursday, January 25, 2018 • 6:30 – 10 p.m.

Saturday, February 10, 2018 • 8:30 a.m. – Noon

Saturday, March 17, 2018 • 8:30 a.m. – Noon

Thursday, March 29, 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, January 4 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>
Saturday, January 20 1 – 3:30 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>
Monday, February 12 7 – 8 p.m.	<b><u>How Do We Help This Child?</u></b> By applying strength-based tools, we can recognize, respond, teach strategies, and develop a plan of action to help manage their intensity and apply problem-solving skills.	Sioux Falls	<i>Guidance and Discipline</i>
Monday, February 12 8 – 9 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>
Thursday, March 1 6:30 – 7:30 p.m.	<b><u>The Importance of Rituals and Routines</u></b> Rituals and routines in your family day care setting promote feelings of security and create a bridge between the child's home and yours.	Sioux Falls	<i>Child Development</i>
Monday, March 5 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, March 22 6:30 – 7:30 p.m.	<b><u>Relighting Your Candle</u></b> Caring for children involves giving of yourself and it can be stressful at times. Explore tips to positively handle stress and provide quality self-care.	Sioux Falls	<i>Stress Management</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.

### 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.

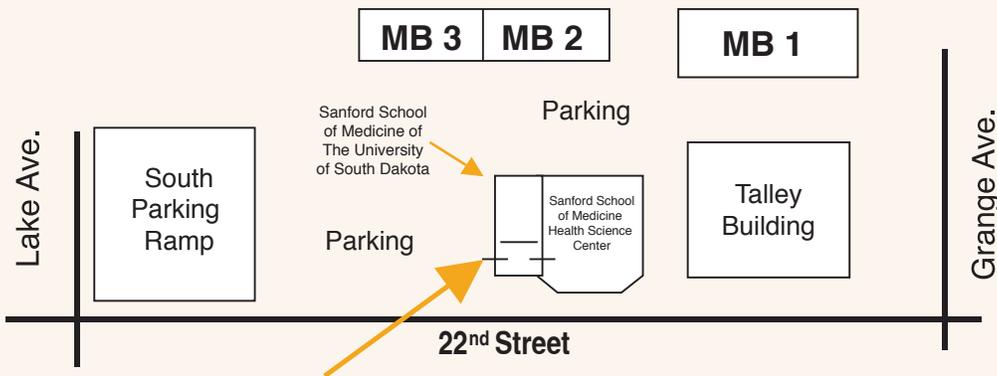
### CPR Cancellation Policy

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.

- 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

