

Sioux Falls Family Child Care News

October 2017 Volume 13 Issue 4



Check out
the class
"Take Time to
Breathe" on
11/20

Battling the Stress Monster

School has started and the holidays are right around the corner, are you feeling stressed yet? Those things on top of your everyday stresses can cause you to feel tired and overwhelmed. Working with children is so rewarding but also demanding and stressful.

Your body has an emotional and physical reaction to stress. Do you feel your shoulders tense or your jaw clench? Do you feel you over-react when you're stressed? Some people get stomachaches or headaches when they get overwhelmed and stressed.

There is a cycle of stress that people go through, it looks like this:

- Something is said or done to you
- You have an instant emotional response
- Your body responds with tension
- Your mind responds with emotion
- You now feel stressed and you react

Sound familiar? Managing your thinking and emotional response can help you deal with stress. This can be hard to do but the more you do it, the easier it gets. Here are some tips to get you started:

- Determine what things stress you out, what are your triggers?

- Recognize how you feel when you are starting to get stressed

Being aware of what stresses you and your typical stress responses can help you get a handle of your stress before it gets out of hand.

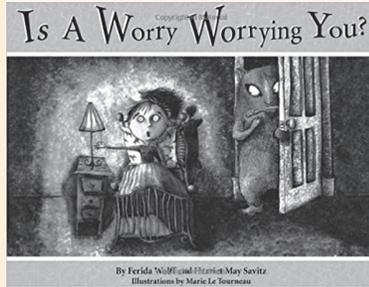
Here are some things you can do to help manage the stress in your life:

- Deep breathing
- Visualize a peaceful place
- Relax your body, one part at a time
- Take time for yourself – exercise, read, have fun!
- Involve others in helping out, you don't have to do it all
- Look at your schedule and determine what things you have to do and what things you can cut out.

Battling the stress monster takes time, self-awareness and the willingness to take control of your thinking and emotions but the rewards are worth it. For more information, attend the "Take Time to Breathe" class on 11/20.

SANFORD
Children's

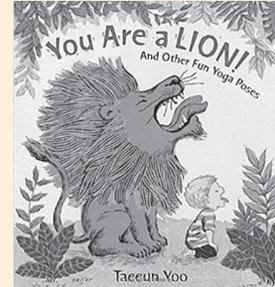
Help the Children in Your Care Relax – Breathe



Is a Worry Worrying You?
By Ferida Wolff



The Goodnight Caterpillar
By Lori Lite



You are a Lion! And Other
Fun Yoga Poses
By Taeun Yoo

A Word from the Health Department

Renewals are coming up, so please get your continuing education completed.

Upcoming Events

Tri State Conference

- Saturday, October 7
- 8 a.m. – 4 p.m.
- Marina Inn and Conference Center, South Sioux City Nebraska

Sioux Empire United Way's 17th Annual Reading Festival: "Hero UP with a Good Book"

- Saturday, October 21
- 9 a.m. – Noon
- Ramkota Exhibit Hall – Sioux Falls, SD

More information:
seuw.org/reading-festival

Sanford Children's Toy Lending Library

Children learn and grow through play.

Why Join?

- Access to a variety of developmentally appropriate and educational toys for infants, toddlers and preschoolers.
- Opportunity to provide an assortment of toys to promote various skill developments.
- Availability for you to have new and different toys for children to enhance their play experience.
- Convenience of trying out a toy to see if children enjoy the toy before purchasing.
- Ability to provide a cost effective way to keep your toy selection new and interesting for children.

For more information, call (605) 312-8370
or email childsrv@sanfordhealth.org.

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 10 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:

- Saturday, Oct. 14, 2017 • 8:30 a.m. – Noon
- Thursday, Oct. 19, 2017 • 6:30 – 10 p.m.
- Monday, Oct. 23, 2017 • 6:30 – 10 p.m.
- Thursday, Nov. 2, 2017 • 6:30 – 10 p.m.
- Saturday, Nov. 18, 2017 • 8:30 a.m. – Noon
- Saturday, Dec. 16, 2017 • 8:30 a.m. – Noon



Learning Opportunities

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

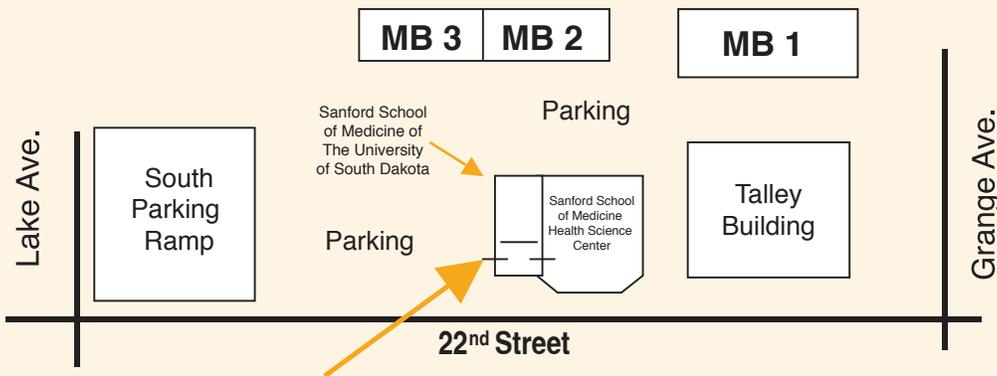
Date/Time	Class Title	Location	Category
Monday, October 9 7 – 8 p.m.	<u>Detecting and Reporting Child Abuse and Neglect</u> Learn how to identify the symptoms of child maltreatment. Learn what it means to be a mandated reporter of child abuse and neglect.	Sioux Falls	<i>Child Abuse and Neglect</i>
Thursday, October 26 6:30 – 7:30 p.m.	<u>Thinking Outside the Box</u> Tired of the same old toys, learn how to use materials in new ways.	Sioux Falls	<i>Developmental Play</i>
Thursday, October 26 7:30 – 8:30 p.m.	<u>Nutrition and Physical Activity for You!</u> Learn how to improve your overall health wellness through healthy eating and physical activity. We will also look at the importance of being a positive role model when related to nutrition.	Sioux Falls	<i>Child Nutrition and Growth</i>
Tuesday, November 7 6:30 – 7:30 p.m.	<u>Sneezes, Wheezes & Goopy Diseases</u> What is it? How is it spread? How can I keep kids and staff from getting it? Get answers to questions relative to common childhood illnesses.	Sioux Falls	<i>Sanitation and Health</i>
Tuesday, November 7 7:30 – 8:30 p.m.	<u>Food Handling Techniques</u> In order to keep the children we serve healthy, there are certain precautions that need to be taken during food preparation, storage and feeding. This class will cover how you can keep everyone safe from food related illness.	Sioux Falls	<i>Food Handling Techniques</i>
Monday, November 20 7 – 8 p.m.	<u>Take Time to Breathe</u> Learn ways to relieve your stress in the midst of your chaotic day.	Sioux Falls	<i>Stress Management</i>
Tuesday, November 21 6:30 – 8:30 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>First Aid</i>
Monday, December 4 7 – 8 p.m.	<u>Period of PURPLE Crying</u> 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.	Sioux Falls	<i>Shaken Baby Syndrome Prevention</i>
Thursday, December 14 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>

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

