

Sioux Falls Family Child Care News

October 2018 Volume 14 Issue 4



Upcoming Events Tri-State Child Care Conference

Saturday, October 13

- 8 a.m. – 4 p.m.
- South Sioux City, Nebraska
- Must be pre-registered to attend
- More information at dakota.unl.edu

A Safe Sleep Policy Matters

To help ensure the safety of infants in your care it is important to have a safe sleep policy so parents of the children in your care and any helpers know your expectations of infant safe sleep practices. By having a safe sleep policy and following safe sleep criteria, you are helping to ensure infants in your care are safe while sleeping.

Consider the following criteria when writing your safe sleep policy. These standards for safe sleep help to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant death:

• The sleep space

- Infants will sleep in a crib, bassinet or pack 'n play with a firm mattress and fitted sheets.
- Crib sharing will not be allowed.
- No mobiles, blankets, bumper pads, pillows, wedges, positioners or stuffed toys will be allowed in an infant's sleeping space.

• Sleep position

- Infants will be placed on their backs for naps and at bedtime up until one year of age.

• Room temperature

- To avoid an infant from becoming overheated, the room temperature will be similar to what would be comfortable for an adult wearing light clothing.

• Sleep practices

- Infants will sleep in a blanket sleeper or sleep sack if extra warmth is needed.
- Infants may be offered a pacifier for sleep, if provided by the parent. Pacifiers will not be attached by a string to the infant's clothing and will not be reinserted if they fall out after the infant is asleep.
- Bibs and hoods will be removed prior to the infant being put to sleep.
- Infants will never be allowed to sleep on chairs, sofas, air mattresses, water beds, and adult beds.
- Infants will not be allowed to sleep in car seats, high chairs, bouncy seats, or baby swings. If an infant falls asleep anywhere other than a crib, bassinet or pack n play, the infant will be moved to his or her proper sleeping space right away.
- When able to roll back and forth from back to front, the infant will be put to sleep on his or her back and allowed to assume a preferred sleep position.

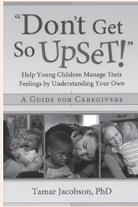
Consistently enforce your policy. Infants who are used to sleeping on their backs and then placed on their stomach are at higher risk for SIDS. Remember every sleep time counts.

Join us for Child Care Essentials: Reducing the Risk of SIDS on November 29 to dispel the myths and learn the facts and how to best protect the infants and families in your care.

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

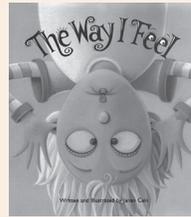
SANFORD
Children's

Understand Feelings...



Read to understand feelings

“Don’t Get So Upset!”: Help Young Children Manage Their Feelings by Understanding Your Own by Tamar Jacobson, PhD



Help children understand feelings

The Way I Feel by Janan Cain

...to Manage Stress

Tips to manage your stress and take care of you

- Put your health needs before anything else
- Get proper rest and nutrition
- Try yoga or meditation
- Exercise regularly, even if only for 10 minutes at a time
- Take a day off without feeling guilty
- Accept the support of others
- Ask for help when needed

Attend “Healthy You = Happy Children,” on November 20, to learn more about taking care of you.

Tips to teach children to breathe, relax and de-stress

Stop to smell the flowers: breathe in through the nose and out the mouth. Pretend to smell a daisy or rose with deep breaths and ask the children how it makes them feel.

Hiss like a snake: take a big breath in through the nose and a slowly hiss the air out the mouth with teeth closed. The slow exhale will help children slow down physically and mentally.

Sniff like a rabbit: take four short quick sniffs in the nose and then a long slow exhale back out the nose. Have the children pretend to be rabbits sniffing and looking for food. After the hunt, the ‘rabbits’ will be calm and relaxed.

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:

Saturday, October 13, 2018 • 8:30 a.m. – Noon

Tuesday, October 16, 2018 • 6:30 – 10 p.m.

Monday, October 22, 2018 • 6:30 – 10 p.m.

Thursday, November 1, 2018 • 6:30 – 10 p.m.

Thursday, November 15, 2018 • 6:30 – 10 p.m.

Saturday, November 17, 2018 • 8:30 a.m. - Noon

Saturday, December 15, 2018 • 8:30 a.m. - Noon



Learning Opportunities

Verify classroom when registering.

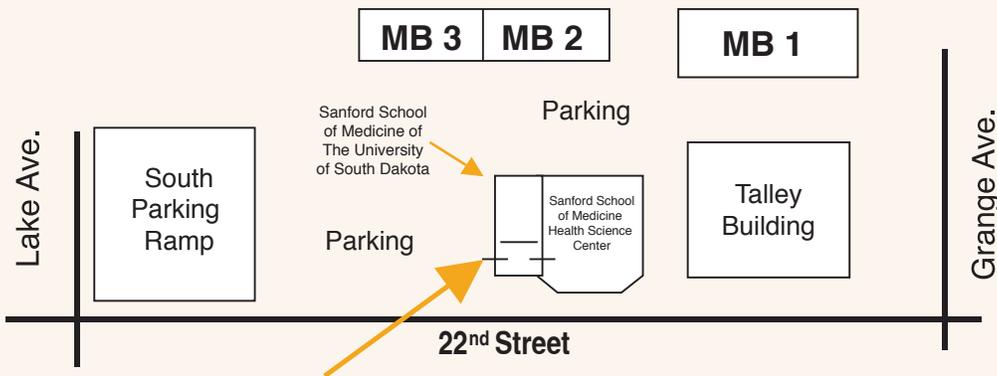
Date/Time	Class Title	Location	Category
Tuesday, October 2 6:30 – 7:30 p.m.	Food Handling Techniques Keep everyone safe from food related illness. Learn about precautions during food preparation, storage and while feeding infants.	Sioux Falls	<i>Sanitation & Health</i>
Monday, October 15 6:30 – 9 p.m.	Certified First Aid 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, October 29 7–8 p.m.	Child Care Essentials: Shaken Baby Syndrome Never shake a baby! Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.	Sioux Falls	<i>Child Abuse & Neglect</i>
Tuesday, November 6 6:30 – 7:30 p.m.	Child Abuse and Neglect 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>
Tuesday, November 6 7:30 – 8:30 p.m.	Keeping a Healthy Home Keep the children in your care and your own family healthy by following sanitation best practices.	Sioux Falls	<i>Sanitation & Health</i>
Thursday, November 20 6:30 – 7:30 p.m.	Healthy You = Happy Children In order to take care of others, you need to take care of yourself. Learn self-care tips for a healthy you.	Sioux Falls	<i>Stress Management</i>
Thursday, November 29 6:30 – 7:30 p.m.	Child Care Essentials: Reducing the Risk of SIDS Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Sioux Falls	<i>Safety & Health</i>
Monday, December 3 7–8 p.m.	Sensory Play is Worth the Mess! Sensory play is more than just fun; explore ways to add more sensory play into your day.	Sioux Falls	<i>Developmental Play</i>
Monday, December 17 6:30 – 7:30 p.m.	Menu Planning Menu planning got you down? Learn ideas to freshen up your meals and make planning a breeze.	Sioux Falls	<i>Child Nutrition & Growth</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

