

CHILD SERVICES OF Aberdeen

■ APRIL, MAY & JUNE 2022
■ REGION THREE

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REDUCING CHALLENGING BEHAVIORS



Encountering challenging children's behaviors in the classroom is not uncommon when working with children. The trick to calming the chaos in the classroom is understanding what triggers a child's behavior and developing a behavior plan for the child when a pattern of inappropriate behaviors starts to emerge. Developing a behavior plan at the onset of the challenging behaviors is beneficial for the child and for those who care for the child.

Unfortunately, the childcare industry is seeing a rise in children being expelled from childcare programs due to challenging behaviors; something one used to think only happened in schools. Expelling a child from a childcare program often happens because the childcare staff are exhausted having to deal with the child's behaviors.

Expelling a child may be a fix for the childcare program but isn't for the child. A child exhibiting challenging behaviors is a child asking for help. A child exhibiting continual challenging behaviors is likely feeling very stressed, angry or out of control of oneself. When children do not have the ability to identify and express these feelings with words, they often communicate them with emotional outbursts and inappropriate behaviors.

So how does one handle a child exhibiting challenging behaviors that continually take classroom teachers' time away from the other children?

1. The first step is to pause and observe. Ask questions such as:
 - What is triggering the behaviors?
 - When do these behaviors occur?
2. Next, seek to understand what the child is needing. Ask questions such as:
 - Is the child overtired or hungry?
 - Is the child worried?
3. Then, develop a plan of action to prevent and/or manage the behaviors?

Sanford Children' CHILd Services has services that can help state licensed childcare providers with developing a behavior plan, along with tips and techniques, to help minimize behaviors in the classroom. These services include:

- Child observations
- Temperament screenings
- On-site technical assistance with staff
- Assistance in developing a behavior plan for a child
- Parent consultations

Through these services parents, childcare staff and CHILd Services staff work together to achieve the goal of helping a child succeed in his or her childcare setting.

Meet the Staff

ECE REGION 3 DIRECTOR

Dianna Rajski

CHILD MANAGER

Terra Johnson

ADMINISTRATIVE ASSISTANT

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TRAINING STAFF

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CHILD SERVICES OFFICE HOURS

Monday-Friday
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WEBSITE

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SANFORD
Children's

General Learning Opportunities

Classes for caregivers of all ages of children. Location details given upon registration.

(O): Qualify for required orientation training topics

(Q): Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series

INS AND OUTS OF LESSON PLANNING

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, June 7 7:30 – 9 p.m.	Lesson Plan Basics Explore strategies & techniques for creating lesson plans based on children's needs and interests.	\$5	Online	Program Management & Regulations
Tuesday, June 14 7:30 – 9 p.m.	Developing and Creating Lesson Plans Explore a variety of lesson plans, evaluate activity ideas to meet children's needs, and how to plan in a timely fashion.	\$5	Online	Child Growth & Development
Tuesday, June 21 7:30 – 9 p.m.	Using Child Interests, Themes and Projects Learn about different approaches to planning and how each can lead to quality learning for children.	\$5	Online	Observing Children
Tuesday, June 28 7:30 – 9 p.m.	Purposeful Activities Bring together all the lesson planning pieces and share creative ideas that have worked (Birth to age 8 focused).	\$5	Online	Age Appropriate Planning

RESILIENCY TRAINING FOR CHILD CARE PROVIDERS

Provide your staff the opportunity to engage and practice the six wellness skills of the Community Resiliency Model. Widen your collective resiliency zone by empowering staff to strengthen their mental wellbeing in this 3 hour interactive session. Create a common language for wellness across your workforce.

DATE/TIME	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, April 2 9 a.m. - Noon	\$0	Online	Program Management & Regulations
Saturday, April 2 1 – 4 p.m.	\$0	Online	Program Management & Regulations
Thursday, May 19 6 – 9 p.m.	\$0	Online	Program Management & Regulations
Saturday, May 21 9 a.m. - Noon	\$0	Aberdeen	Program Management & Regulations

RESILIENCY TRAINING FOR DIRECTORS – A 2 PART SERIES

Community Resiliency Model: Trauma Informed Care and Mental Wellness (Part 1 of 2)

Providers' mental well-being is the most critical component to nurturing, trauma-informed care. Join us in learning about the Community Resiliency Model: how stress and trauma affect our bodies, how to support ourselves in times of stress, and the first of 6 CRM skills to get us back into our Resilient Zones!

Community Resiliency Model: Mental Wellness with CRM Skills (Part 2 of 2)

Continue diving into the six CRM skills of how to get back to a place of wellbeing so that you can bring your best self to your work and to all aspects of your life. When we have a common language around mental wellness skills, we can help ourselves, our co-workers, and the children in our care. Leave with a plan of growing your resiliency professionally, with the all ages of children in your care, and in your agency as a whole.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, May 14 9 a.m. - Noon	Community Resiliency Model: Trauma Informed Care and Mental Wellness (Part 1 of 2)	\$0	Online	Program Management & Regulations
Saturday, May 14 1 – 4 p.m.	Community Resiliency Model: Mental Wellness with CRM Skills (Part 2 of 2)	\$0	Online	Program Management & Regulations
Friday, May 20 9 a.m. - Noon	Community Resiliency Model: Trauma Informed Care and Mental Wellness (Part 1 of 2)	\$0	Aberdeen	Program Management & Regulations
Friday, May 20 1 – 4 p.m.	Community Resiliency Model: Mental Wellness with CRM Skills (Part 2 of 2)	\$0	Aberdeen	Program Management & Regulations

Friday, June 17 9 a.m. - Noon	Community Resiliency Model: Trauma Informed Care and Mental Wellness (Part 1 of 2)	\$0	Online	Program Management & Regulations
Friday, June 24 1 – 4 p.m.	Community Resiliency Model: Mental Wellness with CRM Skills (Part 2 of 2)	\$0	Online	Program Management & Regulations

Infant/Toddler Learning Opportunities

Classes with an emphasis on caring for children six weeks to three year olds. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, May 11 6:30 – 7:30 p.m.	Using Positive Descriptive Encouragement Learn about Positive Descriptive Acknowledgement and how you can use it in your classroom to increase children's positive behavior and interactions.	\$5	Online	Child Growth & Development
Wednesday, May 11 7:30 – 8:30 p.m.	Serve & Return Learn what serve and return is in childcare and the developmental benefits it has on young children.	\$5	Online	Interpersonal Communication & Relationships

Preschool Learning Opportunities

Classes with an emphasis on caring for three to five year old children. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, April 16 9 – 10:30 a.m.	Using Books for Preschool Social Emotional Development Social emotional literacy is vital for successful friendships and school readiness. In this class you will receive high-quality books and book nooks which have hands on activities to support preschool social and emotional skill building.	\$0	Aberdeen	Guidance & Behavior Management
Saturday, April 16 10:30 – 11:30 a.m.	Increasing Reading Engagement: The Picture Walk Use a picture walk to preview pictures & familiarize the child with a story before introducing textures, asking questions, & making observations & predictions.	\$0	Aberdeen	Age Appropriate Planning

PRESCHOOL ENTRY LEVEL SERIES

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

Monday, April 4 7:30 – 9 p.m.	Child Growth & Development Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Child Growth & Development
Monday, April 11 7:30 – 9 p.m.	Behavior Management & Guidance Using positive guidance techniques and establishing a program climate that promotes positive behavior.	\$5	Online	Guidance & Behavior Management
Monday, April 18 7:30 – 9 p.m.	Program Health & Safety Understand the importance of promoting and teaching practices that keep children safe and healthy.	\$5	Online	Program Health & Safety
Monday, April 25 7:30 – 9 p.m.	Social Interactions and Learning Environments Supporting children's individual needs through learning environments and relationships.	\$5	Online	Learning Environments

PRESCHOOL BEST PRACTICE SERIES

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

Thursday, June 2 7:30 – 9:30 p.m.	Best Practices In Preschool Cultural Diversity Cultural continuity and building partnerships with parents; incorporating cultural practices in caregiving.	\$5	Online	Cultural Diversity
Thursday, June 9 7:30 – 9:30 p.m.	Developmentally Appropriate Preschool Curriculum Planning a developmentally appropriate curriculum that builds on children's needs and interests.	\$5	Online	Age Appropriate Planning
Thursday, June 16 7:30 – 9:30 p.m.	The Role Of Observation, Documentation & Assessment Best practices in implementing observation, documentation and assessment tools & techniques for preschool children.	\$5	Online	Observing Children

Thursday, June 23 7:30 – 9:30 p.m.	Appropriate Guidance & Promoting Behavior Understanding preschooler's behavior; ways to provide positive guidance & build conflict resolution skills.	\$5	Online	Guidance & Behavior Management
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Out of School Time Learning Opportunities

Classes with an emphasis on caring for school age children. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, June 18 9 – 10:30 a.m.	Using Books to Support Social Emotional Development in Out of School Time Programs Social emotional literacy is vital for successful friendships and school success. In this class you will receive high-quality books and book nooks which have hands on activities to support out of school time social and emotional skill building.	\$0	Aberdeen	Guidance & Behavior Management
Saturday, June 18 10:30 – 11:30 a.m.	Coping Skills and Young Children Coping skills are critical to building resilience and a child's wellbeing. Learn ways to build coping skills with the children in your care.	\$0	Aberdeen	Guidance & Behavior Management

OUT OF SCHOOL TIME BEST PRACTICE SERIES

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Monday, May 2 7:30 – 9:30 p.m.	Building Relationships With Communities, Families And Schools Fostering the growth and development of children through appropriate environment, activities, and interactions.	\$5	Online	Interpersonal Communication & Relationships
Monday, May 9 7:30 – 9:30 p.m.	Observation, Assessment And Inclusion The importance of observations and assessment to support all OST children in an inclusive setting.	\$5	Online	Child Growth & Development
Monday, May 16 7:30 – 9:30 p.m.	Developmentally Appropriate Planning And Curriculum Learn how planning high quality program activities and experiences will promote children's success.	\$5	Online	Age Appropriate Planning
Monday, May 23 7:30 – 9:30 p.m.	Guidance and Behavior Management Participants will learn about managing groups, modeling leadership, and effective use of routines and schedules.	\$5	Online	Guidance & Behavior Management

Social Emotional Learning Opportunities

Ideas and insight to positive guidance and behavior management techniques. Location details given upon registration.

INFANT/TODDLER SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, April 5 7:30 – 9 p.m.	Importance Of Relationships Social emotional development begins at birth & continues throughout life, providing a foundation for meaningful relationships & learning.	\$5	Online	Guidance & Behavior Management
Tuesday, April 12 7:30 – 9 p.m.	Creating Supportive Environments & Routines Explore ways to create meaningful & engaging learning spaces which promote social emotional development & support appropriate behaviors.	\$5	Online	Learning Environments
Tuesday, April 19 7:30 – 9 p.m.	Social Emotional Teaching Strategies Focus on a variety of approaches to support the development of social emotional skills; identify strategies to support social emotional literacy.	\$5	Online	Guidance & Behavior Management
Tuesday, April 26 7:30 – 9 p.m.	Supporting Children's Success Explore the meaning of behaviors & what a child may be attempting to communicate, & how learning social emotional skills affects all development.	\$5	Online	Guidance & Behavior Management

PRESCHOOL SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, June 1 7:30 – 9 p.m.	Importance Of Relationships Relationships affect children's social emotional development & behaviors. Learn to support positive behavior & build relationships.	\$5	Online	Guidance & Behavior Management

Wednesday, June 8 7:30 – 9 p.m.	Environment, Routines, And Strategies Environmental elements, their impact on children's development & behaviors, and strategies to support children's positive social behaviors.	\$5	Online	Learning Environments
Wednesday, June 15 7:30 – 9 p.m.	Social Emotional Teaching Strategies Strategies for supporting the development of friendship skills, & activities that build children's feeling vocabularies.	\$5	Online	Guidance & Behavior Management
Wednesday, June 22 7:30 – 9 p.m.	Supporting Children's Success Learn to react to challenging behaviors and support children learning problem solving skills and to handle anger & disappointment.	\$5	Online	Guidance & Behavior Management

Early Learning Guidelines for Caregivers

(Q) Training series identified in proposed South Dakota QRIS Framework. Location details given upon registration.

INFANT/TODDLER SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, May 3 1 – 2:30 p.m.	Approaches to Learning The use of play, everyday tasks, and an enriching environment to support young children's creativity, imagination and increasingly complex & challenging play.	\$5	Online	Age Appropriate Planning
Tuesday, May 10 1 – 2:30 p.m.	Social & Emotional Development Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	\$5	Online	Guidance & Behavior Management
Tuesday, May 17 1 – 2:30 p.m.	Communication, Language & Literacy Strategies to set up an environment that encourages exploration, play and social interactions for young children and the development of literacy skills and oral language.	\$5	Online	Interpersonal Communication & Relationships
Tuesday, May 24 1 – 2:30 p.m.	Cognitive, Health & Physical Development Building relationships and providing an environment & activities to support reasoning, motor development, and health & safety skills.	\$5	Online	Child Growth & Development

Leadership Learning Opportunities

Classes to help providers lead and mentor staff in child care programs. Location details given upon registration.

LEADERSHIP SERIES

(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, May 5 7:30 – 9:30 p.m.	Qualities of a Leader Review good leadership traits & the four types of early childhood leaders. Learn your own leadership style & strengths, and ways to lead team members with equity.	\$5	Online	Professionalism
Thursday, May 12 7:30 – 9:30 p.m.	Observational Assessments and Professional Development Observational assessment is foundational for an engaging center learning community. Explore connections between professional development, retention rate, & overall program quality.	\$5	Online	Professionalism
Thursday, May 19 7:30 – 9:30 p.m.	Team Development Team dynamic is the focus of this class. Discover what is essential in a team player, and explore the skills & processes it takes to build & rebuild the unity in your team.	\$5	Online	Professionalism
Thursday, May 26 7:30 – 9:30 p.m.	Managing Difficult Conversations Explore different confrontation types, and ways to mitigate & resolve conflict. Learn to manage difficult conversations head-on through healthy & positive team dynamics, policies & expectations.	\$5	Online	Professionalism

REGISTER FOR CLASSES TODAY!

To register for class, call 605-312-8390 or visit www.sanfordhealth.org/classes-and-events

Remember, if you register for a class and are unable to attend, please call and cancel your registration.

Family Child Care Provider Focus Learning Opportunities

Classes specific to care provided in family child care settings. Location details given upon registration.

FAMILY CHILD CARE BEST PRACTICE SERIES				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, April 7 7:30 – 9:30 p.m.	Purposeful Planning: Healthy & Safe Learning Environments High quality practices to ensure children's physical and developmental well-being; comprehensive health & safety program planning.	\$5	Online	Program Health & Safety
Thursday, April 14 7:30 – 9:30 p.m.	Best Practices In Relationship Building Best practices for caring, respectful, & committed relationships with and between children & families; balancing parenting & caregiving roles.	\$5	Online	Interpersonal Communication & Relationships
Thursday, April 21 7:30 – 9:30 p.m.	Developmentally Appropriate Learning Activities In Family Child Care High quality practices for providing activities & materials to support children in developing skills & gaining an understanding of their world.	\$5	Online	Child Growth & Development
Thursday, April 28 7:30 – 9:30 p.m.	Professional & Business Practices In Family Child Care High quality, caring, and ethical best practices for professional and business policies & procedures.	\$5	Online	Program Management & Regulations

fitCare Learning Opportunities

Classes to help caregivers provide a healthy lifestyle program for children in all child care settings. Location details given upon registration.

fitCare Series				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, April 6 6:30 – 8:30 p.m.	Sweet Dreams! Exploring Strategies for Sleep and Relaxation	\$0	Online	Learning Environments Program Health & Safety
Wednesday, April 13 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	\$0	Online	Guidance & Behavior Management Age Appropriate Planning
Wednesday, April 20 6:30 – 8:30 p.m.	Ready, Set, Move! Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Wednesday, April 27 6:30 – 8:30 p.m.	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
Tuesday, May 3 6:30 – 8:30 p.m.	Sweet Dreams! Exploring Strategies for Sleep and Relaxation	\$0	Online	Learning Environments Program Health & Safety
Tuesday, May 10 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	\$0	Online	Guidance & Behavior Management Age Appropriate Planning
Tuesday, May 17 6:30 – 8:30 p.m.	Ready, Set, Move! Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Tuesday, May 24 6:30 – 8:30 p.m.	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments

fitCare Individual Classes

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Thursday, April 21 6:30 – 8:30 p.m.	Mindful Moment! Supporting Children's Social and Emotional Development.	\$0	Online	Guidance & Behavior Management Age Appropriate Planning
Saturday, May 21 9 – 10:30 a.m.	Ready, Set, Move! Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Saturday, May 21 10:30 a.m. – Noon	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments

Thursday, June 2 6:30 – 8:30 p.m.	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
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Certified CPR & First Aid

ADULT, CHILD & INFANT CPR/AED				
This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches the American Heart Association's practice-while-watching technique, which allows instructors to observe the students and provide feedback.				
DATE/TIME	FEE	LOCATION	LICENSING/ PATHWAYS	
Saturday, May 7 8:30 a.m. – Noon	\$20	Aberdeen	Program Health & Safety	
CERTIFIED FIRST AID				
The American Heart Association's Pediatric First Aid Course offers pediatric first aid training solutions for child care providers. This course contains information on how to manage illness and injuries in a child in the first few minutes until professional help arrives.				
DATE/TIME	FEE	LOCATION	LICENSING/ PATHWAYS	
Saturday, May 7 1 – 3:30 p.m.	\$5	Aberdeen	Program Health & Safety	

Saturday Spectacular

One-day events with classes for childcare caregivers of various ages and settings.

PRESCHOOL SATURDAY SPECTACULAR APRIL 16				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, April 16 9 – 10:30 a.m.	Using Books for Preschool Social Emotional Development Social emotional literacy is vital for successful friendships and school readiness. In this class you will receive high-quality books and book nooks which have hands on activities to support preschool social and emotional skill building.	\$0	Aberdeen	Guidance & Behavior Management
Saturday, April 16 10:30 – 11:30 a.m.	Increasing Reading Engagement: The Picture Walk Use a picture walk to preview pictures & familiarize the child with a story before introducing textures, asking questions, & making observations & predictions.	\$0	Aberdeen	Age Appropriate Planning
fitCare SATURDAY SPECTACULAR MAY 21				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, May 21 9 – 10:30 a.m.	Ready, Set, Move! Promoting Physical Activity and Development.	\$0	Online	Age Appropriate Planning Child Growth & Development
Saturday, May 21 10:30 a.m. – Noon	We Are What We Eat! Creating Healthy Nutrition Environments.	\$0	Online	Nutrition for Children Learning Environments
OST SATURDAY SPECTACULAR JUNE 18				
DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Saturday, June 18 9 – 10:30 a.m.	Using Books to Support Social Emotional Development in Out of School Time Programs Social emotional literacy is vital for successful friendships and school success. In this class you will receive high-quality books and book nooks which have hands on activities to support out of school time social and emotional skill building.	\$0	Aberdeen	Guidance & Behavior Management
Saturday, June 18 10:30 – 11:30 a.m.	Coping Skills and Young Children Coping skills are critical to building resilience and a child's wellbeing. Learn ways to build coping skills with the children in your care.	\$0	Aberdeen	Guidance & Behavior Management



Sanford Children's CHILD Services
110 6th Ave SE, Suite 100
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2022 TRAINING SCHEDULE

APRIL/MAY/JUNE

These classes meet the South Dakota child care training requirements for licensing and registration.