

CHILD SERVICES OF Sioux Falls

■ JANUARY, FEBRUARY & MARCH
■ REGION FIVE

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LULLABY AND GOODNIGHT, SLEEP SAFE BABY



A typical bedtime or napping routine for an infant includes rocking and singing their favorite song, like the ever so popular, “Lullaby and Goodnight”. What do you once baby is asleep? You want to provide a safe and nurturing environment. The goal is for every infant get the quality sleep they need to grow and develop. You may have heard of safe sleep practices. It is important to know exactly what safe sleeping arrangements are and why these practices are suggested.

The Why

Child care centers and family child care homes are not immune to the sudden and unexpected death of an infant. Sudden Unexpected Infant Death (SUID) includes both the explained and unexplained death of an infant while asleep. Infants between the ages of 2 months to 4 months are at highest risk for sleep related deaths, but SUID can occur from birth through the infants first birthday. 24% of sudden infant deaths are caused by accidental suffocation or strangulation in bed. However, the cause of many sleep related deaths are difficult for experts to determine. Despite the many unknowns, safe sleep practices decrease the risk for SUID during an infant's sleep. Anyone caring for infants must follow all of these sleep practices to keep babies safe.

Safe Sleep Arrangements

When thinking about safe sleep it is important to consider the whole environment. Use your senses when evaluating sleeping areas. What can you see or feel? Note, that if an infant falls asleep in a swing or car seat, immediately remove the infant and place him/her on their back in a safe sleep environment. Follow these recommendations when setting up a safe sleep environment:

Create a safe sleep environment

- Always place infants to sleep on their backs
- Use a firm, flat mattress with fitted sheet
- Only one infant per crib
- Dress infants lightly - room temperature should be comfortable
- Use sleep sacks in replacement of blankets
- Remove stuffed animals, bumper pads or positioning wedges
- Place cribs away from blind cords

Create a safe sleep policy

- Be sure all staff are aware of safe sleep standards
- Inform parents of your safe sleep policy, both verbally and in written form

Additional information about SUID and safe sleep practices can be found at the Center for Disease Control and Prevention and healthychildren.org. For resources on policy creation and safe sleep environments, contact Sanford CHILD Services.

Meet the Staff

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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

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, January 5 6:30 – 7:30 p.m.	Expelling Expulsion Learn about the impact of suspension and expulsion in early childhood, and strategies for preventing expulsion in the future.	\$5	Online	Guidance & Behavior Management
Thursday, January 14 6:30 – 7:30 p.m.	Teaching Children to Embrace Differences Learn ways to help children understand what it means to accept and respect everyone's individual difference.	\$5	Online	Cultural Diversity
Thursday, January 14 7:30 – 8:30 p.m.	All Children Belong Together Explore the benefits of including children with special needs in your child care setting. Gain helpful inclusion tips and tools.	\$5	Online	Inclusion of All Children
Thursday, January 21 6:30 – 7:30 p.m.	Child Care Essentials: ABC's of Guidance and Discipline Learn what may be behind some behavior problems of children in your care. Gain tips to guide children to more appropriate behavior.	\$0	Sioux Falls	Guidance & Behavior Management
Tuesday, February 2 7 – 8 p.m.	Grief & Loss: Being Prepared & Supportive Grief and loss frameworks through a developmental lens. Learn how children and families react, how to provide support, and how to incorporate grief topics into your curriculum in meaningful ways.	\$5	Online	Child Growth & Development
Saturday, February 20 9 – 10 a.m.	Communication Delays and Behavior How toddlers may use behaviors to compensate for delayed language skills.	\$0	Sioux Falls	Child Growth & Development
Saturday, February 20 10 – 11 a.m.	Autism What are the red flags and how to talk to parents about your concerns.	\$0	Sioux Falls	Inclusion of All Children
Saturday, February 20 11 a.m. – Noon	Sensory Processing 101 What the Parent of a Child with Sensory Processing Challenges Would Like You to Know.	\$0	Sioux Falls	Inclusion of All Children
Tuesday, March 9 6:30 – 7:30 p.m.	Building the Brain Through Play Playful learning builds children's brains. Guided play and other support strategies provide meaningful learning opportunities for children.	\$0	Sioux Falls	Child Growth & Development
Tuesday, March 9 7:30 – 8:30 p.m.	Questions to Encourage Thinking Everyday conversations matter; learn how to use questions to help children discover and construct knowledge about the people and world around them.	\$0	Sioux Falls	Interpersonal Communication & Relationships
INS AND OUTS OF LESSON PLANNING				
(Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Tuesday, February 2 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, February 9 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, February 16 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, February 23 7:30 – 9 p.m.	Purposeful Activities Bring together all the lesson planning pieces and share creative ideas that have worked.	\$5	Online	Age Appropriate Planning

JUST A REMINDER

Cancellation – Please remember, if you register for a class and are unable to attend, it is a courtesy to call and cancel your registration.

Early Learning Guidelines for Caregivers

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

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, January 6 7:30 – 9 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
Wednesday, January 13 7:30 – 9 p.m.	Social & Emotional Development Supporting foundational social & emotional skills such as relationship building and recognizing, managing, & expressing emotions.	\$5	Online	Guidance & Behavior Management
Wednesday, January 20 7:30 – 9 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
Wednesday, January 27 7:30 – 9 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

Social Emotional Learning Opportunities

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

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Wednesday, February 10 6:30 – 7:30 p.m.	A Circle of Support for Social Emotional Development Explore how to work with parents to support children's social emotional needs.	\$5	Online	<i>Partnerships with Parents</i>
Wednesday, February 10 7:30 – 8:30 p.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.	\$5	Online	<i>Guidance & Behavior Management</i>
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.				
Wednesday, January 6 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	<i>Guidance & Behavior Management</i>
Wednesday, January 13 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	<i>Learning Environments</i>
Wednesday, January 20 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	<i>Guidance & Behavior Management</i>
Wednesday, January 27 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	<i>Guidance & Behavior Management</i>
PRESCHOOL SOCIAL AND EMOTIONAL FOUNDATIONS FOR LEARNING (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Wednesday, March 3 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	<i>Guidance & Behavior Management</i>
Wednesday, March 10 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	<i>Learning Environments</i>

Wednesday, March 17 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	<i>Guidance & Behavior Management</i>
Wednesday, March 24 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	<i>Guidance & Behavior Management</i>

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
Tuesday, January 12 6:30 – 7:30 p.m.	Attachment Answers: Forming a Secure Attachment Learn about attachment theory and the four types of attachment. Better understand the importance of a healthy attachment in early childhood.	\$5	Online	Guidance & Behavior Management
Tuesday, January 12 7:30 – 8:30 p.m.	Teaching Valuable Social Skills The preschool years are an important period for emotional development; help them build positive social and problem-solving skills.	\$5	Online	Child Growth & Development
Tuesday, February 16 6:30 – 8:30 p.m.	Building a Policy: Safe Sleep Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on safe sleep.	\$0	Sioux Falls	Program Health & Safety
Tuesday, March 2 7 – 8 p.m.	Calm During the Storm Recognize signs of emotional flooding in children. Learn how to become the external regulator for children, calming experiences of overwhelm and increasing adaptability.	\$5	Online	Child Growth & Development
Tuesday, March 16 7 – 8 p.m.	Delight in Me! Self Esteem in Infants and Toddlers How babies feel about themselves depends greatly on the messages they are receiving from their caregivers. Learn how to communicate in respectful, responsive ways to build self-esteem and self-confidence.	\$5	Online	Child Growth & Development

INFANT/TODDLER ENTRY LEVEL SERIES

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

Wednesday, February 3 7:30 – 9 p.m.	Ages of Infancy Developmental needs of infants and toddlers as they grow and explore.	\$5	Online	Child Growth & Development
Wednesday, February 10 7:30 – 9 p.m.	Social Emotional Development: Understanding Temperament Understanding each infant and toddler's social & emotional development and temperament; appropriate guidance techniques.	\$5	Online	Guidance & Behavior Management
Wednesday, February 17 7:30 – 9 p.m.	How Young Children Learn: Appropriate Environments for Infants & Toddlers Providing appropriate environments and learning experiences that support the learning needs of infants and toddlers.	\$5	Online	Age Appropriate Planning
Wednesday, February 24 7:30 – 9 p.m.	Health & Safety for Infants & Toddlers Best basic health and safety practices in infant and toddler care.	\$5	Online	Program Health & Safety

INFANT/TODDLER BEST PRACTICE SERIES

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

Wednesday, March 3 7:30 – 9:30 p.m.	Continuity of Care in Small Infant & Toddler Groups Essential practices of primary care, continuity of care, and small group sizes.	\$5	Online	Child Growth & Development
Wednesday, March 10 7:30 – 9:30 p.m.	Culturally Diverse Caregiving: Partnering with Parents Partnering with families to honor and incorporate children's cultures in everyday caregiving.	\$5	Online	Cultural Diversity
Wednesday, March 17 7:30 – 9:30 p.m.	Responsive Care and Inclusion of All Infants & Toddlers Best practices in providing individualized care; providing inclusive care for children with special needs.	\$5	Online	Inclusion of All Children
Wednesday, March 24 7:30 – 9:30 p.m.	Planning Their Day: Routines, Schedules & Transitions Purposefully planning daily routines, schedules and transitions as part of infant and toddler curriculum.	\$5	Online	Age Appropriate Planning

Management Learning Opportunities

Classes with an emphasis on managing child care programs. Location details given upon registration.

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, February 16 6:30 – 8:30 p.m.	Building a Policy: Safe Sleep Learn the steps to creating, implementing, sustaining and evaluating a policy with the focus on safe sleep.	\$0	Sioux Falls	Program Health & Safety
MANAGEMENT SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Thursday, February 4 1 – 3 p.m.	Management Fundamentals Learn about the importance of effective program management and explore how it affects the child care setting.	\$5	Online	Program Management & Regulations
Thursday, February 11 1 – 3 p.m.	Fiscal Fundamentals Learn about tools to help child care programs plan, monitor & track income and expenses. Explore budgets, balance sheets, profit & loss, and more.	\$5	Online	Program Management & Regulations
Thursday, February 18 1 – 3 p.m.	Human Resources Fundamental Learn about staff recruitment, retention, training and staff evaluations to maintain a successful child care program.	\$5	Online	Program Management & Regulations
Thursday, February 25 1 – 3 p.m.	Power of Partnerships Increase skills for building a strong community and team of committed staff.	\$5	Online	Interpersonal Communication & Relationships

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
Thursday, January 21 6:30 – 7:30 p.m.	Friendship Across Cultures Encourage and support friendships between school-age children who speak different languages, and honor all cultures represented in your program.	\$0	Sioux Falls	Cultural Diversity
OUT OF SCHOOL TIME ENTRY LEVEL SERIES (Q) Training series identified in proposed South Dakota QRIS Framework. Registration is encouraged for the entire series.				
Monday, March 1 Noon – 1:30 p.m.	Child Growth and Development Fostering the growth and development of children through appropriate environment, activities, interactions, and inclusion.	\$5	Online	Child Growth & Development
Wednesday, March 3 Noon – 1:30 p.m.	Program Health & Safety The importance of implementing teaching practices that promote child health and safety.	\$5	Online	Program Health & Safety
Monday, March 8 Noon – 1:30 p.m.	Fostering Learning Environments Supporting children's individual needs through learning environments and relationships.	\$5	Online	Learning Environments
Wednesday, March 10 Noon – 1:30 p.m.	Behavior Management and Guidance Providers will look at importance of using positive guidance techniques and establishing a program climate that promotes positive behavior.	\$5	Online	Guidance & Behavior Management

fitCare Learning Opportunities

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

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
Tuesday, February 9 6:30 – 8:30 p.m.	Motivate Your MOOD Our MOOD influences the choices we make. Help children learn about MOOD and how to turn their MOOD around to make healthy choices.	\$0	Online	Guidance & Behavior Management
Monday, February 22 6:30 – 8:30 p.m.	Be fit....RECHARGE Your Energy Learn about what it means to be fit as well as ways to ensure children get their rest and relaxation so they have the energy to make healthy choices.	\$0	Online	Program Health & Safety
Thursday, March 18 6:30 – 8:30 p.m.	MOVE Your Body Children don't naturally move enough in their day. Learn ways to help children get enough move time in their day.	\$0	Online	Child Growth & Development

Family Child Care Provider Focus Learning Opportunities

Classes to help caregivers provide in a family child care setting. Location details given upon registration.

FAMILY CHILD CARE ENTRY 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, February 4 7:30 – 9 p.m.	Keep It Safe & Healthy Best basic health and safety practices for your children, environment, and family childcare program.	\$5	Online	Program Health & Safety
Thursday, February 11 7:30 – 9 p.m.	What Children Need to Learn & Grow Your role in supporting children's social, emotional, physical and cognitive growth and development at all stages.	\$5	Online	Child Growth & Development
Thursday, February 18 7:30 – 9 p.m.	It All Begins with Relationships Appropriate, respectful & responsive care based on individual children's needs; positive communication & relationships with children & families.	\$5	Online	Interpersonal Communication & Relationships
Thursday, February 25 7:30 – 9 p.m.	The Business of Family Child Care Basic business practices, program management, and policies & practices to meet licensing regulations.	\$5	Online	Program Management & Regulations

Pathways to Professional Development Series

- Open enrollment allowed for each course of the series. Registration per class is not available. Participants must register for all classes that are part of a course.
- Out-of-class time work required for course credit.
- Complete your CDA and take all three courses of the Pathways to Professional Development Series to receive college credit when you enroll in participating South Dakota colleges and universities.
 - Earn up to twelve college credits (credits allowed depend on participating South Dakota college or university policy)

DATE/TIME	CLASS TITLE	FEE	LOCATION	LICENSING/ PATHWAYS
You the Professional (SDCDA 320)				
Monday, January 4 7:30 – 10 p.m.	Exploring Adult Learning Styles Influencing factors and theories of adult learning; individual learning styles.	\$10	Online	Interpersonal Communication & Relationships
Monday, January 11 7:30 – 10 p.m.	Best Practice: Program Administration and Leadership An overview of staff supervision and development strategies, basic fiscal management skills, and 'best practice' program administration policies and procedures.		Online	Program Management & Regulations
Meeting Children's Basic Needs (SDCDA 300)				
Monday, January 18 7:30 – 10 p.m.	Providing a Safe & Healthy Environment This course is designed to promote safe behaviors and personal safety practices to support the growth and development of children in your childcare environment.	\$10	Online	Program Health & Safety
Monday, January 25 7:30 – 10 p.m.	Providing for Children's Nutritional Needs Professional and personal use of USDA MyPlate resources, childcare nutritional standards & responsibilities.		Online	Inclusion of all Children
How Children Learn and Grow (SDCDA 310)				
Monday, February 1 7:30 – 10 p.m.	Theories of Child Development: Prenatal, Birth & Early Brain Development Overview of the latest research in early brain development and its impact and applications for ECE professionals.	\$25	Online	Child Growth & Development
Monday, February 8 7:30 – 10 p.m.	Theories of Child Development: Dewey & Montessori Overview of research methods and the history of theories of child development; the theories of Dewey & Montessori.		Online	Child Growth & Development
Monday, February 15 7:30 – 10 p.m.	Theories of Child Development: Erikson, Bronfenbrenner & Bandura Developmental theories of Erikson, Bronfenbrenner & Bandura; ongoing critical thinking and comparison of various theories.		Online	Child Growth & Development
Monday, February 22 7:30 – 10 p.m.	Theories of Child Development: Piaget & Vygotsky Developmental theories of Piaget & Vygotsky; professional and personal implications of Gardner's theories of multiple intelligences.		Online	Child Growth & Development
Monday, March 1 7:30 – 10 p.m.	Growth and Development of School-Age Children Overview of school age children's growth and development.		Online	Child Growth & Development

ECE Class Policy

e-Learning Online Classes

REQUIREMENTS: Computer with internet connectivity. Adobe Flash Player 10.1 or higher, Free Flash Player – download at www.adobe.com. Class registration is closed 48 hours prior to scheduled class start time. Monday class registration is closed at 5 p.m. on the Thursday prior to the class. Class registration is secured once payment is received. Participants are emailed the class link within 24 hours prior to scheduled class start time.

In order to receive credit for online classes, participants must:

1. Log into class within 5 minutes of the class start time.
2. Demonstrate attendance by participating in class polls and chats
3. Complete 3 learning statements at the end of the class.

Face to Face Classes

1. In order to ensure the health and safety of the participants and instructor, a face mask is required.
2. Class participants arriving later than 10 minutes past the class start time will not be allowed to attend class as the facility doors will be locked.
3. In order to maintain an appropriate learning environment for all class attendees, children are not allowed to attend classes with a class participant.

Ongoing Health & Safety Training Available for Child Care Providers

The Department of Social Services with support from the Early Childhood Enrichment (ECE) system recently launched the Level II Health & Safety Training series.

The Level II online, on-demand series is designed to meet ongoing training requirements for staff working in state licensed and registered childcare programs who have completed the SD Orientation to Child Care series.

The Health & Safety Level II trainings are required to be completed within 5 years following the completion of the orientation training.

February Saturday Spectacular

Saturday, February 20
9 am – Noon

Topics Include:

- Communication Delays and Behavior
- Autism
- Sensory Processing 101



Online CPR Training Option

Providers have an option to complete the education portion online and conduct face-to-face skill testing in Sioux Falls.

Below is the process of conducting the education portion online and skill testing face to face in Sioux Falls:

- Complete the online course (contact our office at 605-312-8390 to receive the approved AHA online class link)
 - Course cost is \$15
- You have 60 days to complete the face to face skill testing portion after the online portion
 - Contact our office to schedule 1:1 skill testing. Certificate of completion of online course must be brought to skill testing.

For additional questions, please call 605-312-8390

Online Registration is Now Available....

To register online, follow the steps below.

1. Go to www.sanfordhealth.org/classes-and-events
2. Filter by 'Daycare Providers' under the Category drop down
3. Locate the class you want to attend
4. Click on the class to find the online class registration information



2021 TRAINING SCHEDULE

JANUARY/FEBRUARY/MARCH

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

CPR & Certified First Aid (O)

(Location details given upon registration)

CPR and First Aid Class Registration and Payment Policy:

Certified First Aid & CPR reservation is not confirmed until payment is received. If payment has not been received 24 hours prior to the start of the class, this class reservation will be given to the first participant that secures this reservation with a payment.

In order to ensure the health and safety of the participants and instructor, a face mask is required.

CPR and First Aid Class Refund Policy:

Class cancellation is required prior to the start of class, otherwise payment will be forfeited and is non-transferrable.

Additional classes may be added check the website for updates

*See General classes for Basic First Aid for Child Care Providers

Heartsaver® CPR AED (O)

CPR Policy: This video-based, instructor-led course teaches adult, child and infant CPR, AED use, and how to relieve choking. This course teaches skills with AHA's practice-while-watching technique, which allows instructors to observe the students and provide feedback.

2021 Class Dates:	Location:	Fee/Class:
Saturday, January 9 8:30 – Noon.	Sioux Falls	\$20
Tuesday, January 26 6:30 – 10 p.m.	Sioux Falls	\$20
Saturday, February 13 8:30 – Noon	Sioux Falls	\$20
Wednesday, February 24 6:30 – 10 p.m.	Sioux Falls	\$20
Saturday, March 6 8:30 – Noon	Sioux Falls	\$20
Tuesday, March 23 6:30 – 10 p.m.	Sioux Falls	\$20
Saturday, March 27 8:30 – Noon	Sioux Falls	\$20

Certified First Aid (O)

The American Heart Association's new Heartsaver 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. A Heartsaver Pediatric First Aid Course Completion Card will be given to students upon successful completion of the course.

Class Dates:	Location:	Fee/Class:
Saturday, January 9 1 – 3:30 p.m.	Sioux Falls	\$5

Check out our classes online at www.sanfordhealth.org/CHILDServices Register for classes by calling (605) 312-8390 or 1-800-235-5923