

# HOURS OF OPERATION

Monday–Friday

7:45 AM–7:30 PM

Saturday

7:45 AM–12:00 PM

Closed Sunday



## DAILY SCHEDULE

7:30 AM.....Set Up Room	1:30 PM.....Gym Time
7:45 AM.....Open	2:00 PM.....Music/Dance
8:00 AM.....Free Play	2:30 PM.....TV Time/Snack
9:00 AM.....Music/Dance	3:00 PM.....Structured
9:15 AM.....Snack Time	Active Play
9:45 AM.....Craft Time	3:30 PM.....Free Play
10:30 AM.....Gym Time	4:00 PM.....Creative Time
10:30-10:40: Littles under age 2	4:30 PM.....Music
10:40-11:05: Ages 2+	5:00 PM ..... Stories/Puzzles
11:15 AM.....Lunch/Free Play	5:30–6:50 PM ..... Free Play
12:00 PM.....Story Time/ Activities	6:50–7:00 PM ..... Clean Up
12:30 PM.....Naps/Rest	7:00–7:30 PM ..... Music/TV
1:00 PM.....Free Play	7:30 PM ..... Close

# CHILDWATCH

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## Parent Handbook

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### YMCA of Greater Michiana Benton Harbor–St. Joseph Branch

3665 Hollywood Road, St. Joseph, MI 49085  
(269) 428-9622 • ymcagm.org



YMCA OF  
GREATER  
MICHIANA

## WELCOME TO YMCA CHILDWATCH!

The goal of the YMCA Childwatch is to serve the best interests of the children in our care. Our rules help us run our Childwatch in the smoothest way possible and allow us to address the health and safety concerns of your child. **If you have any questions, please contact Kaley Kitron, Childwatch Supervisor, or Kelly Freye, Childwatch Director, at 269-428-9622.**

### CHILDWATCH

AGES 6 WEEKS–8 YEARS

Open year-round!

- Household YMCA Member: Free
- Daily Drop-In for Adult Members: \$7
- Daily Drop-In for Non-Member: \$9

Payment must be made beforehand. Please give your receipt to the Childwatch staff when signing in your child(ren).

### RULES & REGULATIONS

- We have a 3-hour time limit per child per day.
- Only a parent or legal guardian on file may sign in and out their own child(ren).
- You must remain in the YMCA facility at all times while child(ren) are signed in.
- Toys from home are not allowed. If brought, we will ask to put them away. The YMCA is not responsible for any lost or broken toys.
- All walking children must be wearing dry hard-sole shoes. Slippers and flip-flops are not allowed. Non-walking infants must have on socks or booties.

### SNACKS & DRINKS

- We are a nut free facility.
- In case of extreme allergies or sensitivities, we ask that parents provide a snack for their own child. Please alert the staff to any allergies they have.
- To follow HEPA standards (Healthy Eating & Physical Activity), we appreciate snack donations that are not fried, do not contain trans fat, have less than 8 grams of sugar per serving, and contain whole grains.
- Sippy cups and water bottles are acceptable, but must be clearly labeled with your child's name. They may contain water, except for baby bottles containing milk, breast milk, or formula for infants.
- Children will be provided a morning snack at 10:00 AM. We are unable to allow meals to be dropped off with children with the exception of Y staff.

### BATHROOM NEEDS

- Diapers must be freshly changed before signing into Childwatch.
- You will need to leave a diaper bag with disposable diapers, wipes, extra clothes, and other items your child might need.
- If your child needs assistance in the bathroom, we will assist as much as possible before calling you.

### ILLNESS

To keep all children healthy, we ask that children who show signs of illness, such as fever, diarrhea due to illness, persistent cough, thick green nasal discharge, vomiting, pink eye, or unexplained rash stay home from Childwatch. If your child has been prescribed an antibiotic, we ask that they have a full 24-hour dose before returning. Those with fever must be fever-free without medication for 24 hours before returning.

- We reserve the right to refuse entry if we feel your child is too ill to attend.
- If your child becomes ill while in our care, we will contact the parent immediately.
- Please contact us if your child becomes ill after attending Childwatch.

### BEHAVIOR

Our goal is to provide a safe, healthy, happy environment for your children while they are at the YMCA. Childwatch is committed to building the self-esteem, character, and positive self-concept of each child. If a behavior issue arises, such as biting or hitting, we will use positive approaches like time away or redirection to encourage appropriate behavior. In cases where these approaches are not successful, we will do all that we can to work with the parent(s) to resolve issues.

### SAFE SLEEP

At the YMCA, your child's health and safety is our priority. Our childcare programs follow safe sleep practices from state licensing and the American Academy of Pediatrics.

#### WE WILL

- Make sure your baby is safe.
- Provide care and nurture them.
- Make sure they are fed and provided for.
- Be on the floor with them during tummy time.
- Ensure they sleep flat on their backs in a pack-n-play.

#### WE WON'T

- Use blankets or pillows. (*under age of 12 months*)
- Allow your infant to sleep in a car seat.
- Allow your infant to sleep in a bouncy seat.
- Allow your infant to sleep in a swing.