

## ILLNESS

Children who show signs of illness should stay at home. If your child shows signs of illness while in our care, you will be asked to remove the child immediately.

Some guidelines for keeping your child at home include:

Fever: greater than 100 degrees

Rubella: until six days after the onset of a rash

Diarrhea: Frequent, runny, water stool

Vomiting: Two or more times in a 24 hour period

Conjunctivitis: Eye drainage of yellow or green. The child must be on antibiotics for at least 24 hours before he/she can enter the nursery.

Impetigo: Skin lesions with yellow discharge

Chicken pox: Contagious until all lesions have dried and have scabbed over (10-14 days)

Strep Throat: Must be on antibiotic treatment for at least 24 hours before he/she can enter the nursery

## SNACKS

Our Child Watch areas are NUT-FREE zones. Children may bring in their own labeled drinks (in spill-proof cups or bottles) to any Child Watch area. Labeled snacks are permitted in Kids Corner only.

## CONTACT US

**Sharyn Witkowski, Youth Director**

switkowski@family-ymca.org ext. 4042

**Kids Corner Ext 4028**



## OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A GREAT PLACE TO GROW

Child Watch  
CAROLINE FAMILY YMCA



## POLICIES

**Parent/Legal Guardian must sign children in to Child Watch.** Children will only be released to the parent who signed them in. Child Watch services are FREE to YMCA members. Non-members may use the Child Watch services at a cost of \$6 per child per day.

In accordance with the Virginia Department of Social Services, children may attend Child Watch for a maximum of three hours per day. Please be prompt in picking up your child. If your child has special needs, please be sure to write them down under the special instructions space on the sign-in form and inform the staff.

Child Watch is available to children ages 6 weeks old to 12 years old. We would appreciate it if all children be taken to the restroom and diapers be changed before entering any Child Watch area. This will help us to avoid having to interrupt your workout and limit trips to the restroom. You will be paged if your child needs a diaper change.

Please remember that children are actively playing while in our care, so proper footwear is required in order to prevent any unnecessary injuries.

Once your child is in the care of Child Watch staff, you may NOT leave YMCA property. The staff must be able to reach you if your child needs you.

Please note that at times our Child Watch areas may be at capacity. This capacity will be determined by each branch and the staff on duty. Each YMCA reserves the right to only allow members to sign in their own children to utilize nursery services at any time.

## KIDS CORNER HOURS

Monday-Friday	8:50am-12:00pm 4:30pm-8:00pm
Saturday	8:50am-12:00pm

## PM KIDS CLUB

Hours: M-TH HOURS VARY

Kids Gym is offered in the evenings for 5-12 year olds. It is designed for your child's enjoyment while you work out. Kids Gym times vary, so please check the monthly calendar.

## AM KIDS GYM

Seasonal Hours: M-TH 9:30am-11:00am

Kids Gym is offered in the mornings in the gymnasium for children 3-12 years of age during school year breaks and on Teacher Workdays. Your child will enjoy the physical activities and play time offered in the gymnasium. **Tennis shoes are required to participate in Kids Gym.**

## DISCIPLINE

This is the positive direction of behavior towards established standards of conduct. It is necessary to promote a positive and orderly environment. If self-control fails, disciplinary action must be taken to protect and preserve the rights of everyone in the Child Watch areas. The general discipline policy of the YMCA follows the standards set forth by the Virginia Code (Standard 7.22-7.32).

Children are expected to adhere to the Child Watch guidelines including sharing, listening, following directions and helping clean up (age appropriate). Proper manners are encouraged.

For most disruptions, children are given warnings and the staff person will try to redirect the child to another activity. If inappropriate behavior continues the child will be given a time out to think about the situation.

If improper behavior persists, parents will be notified. If improper behavior continues after notifying the parents, the YMCA reserves the right to suspend nursery services.

