

# Health & Wellness Policy

The health and wellness of all our families and members is extremely important to us. We ask that all parents be mindful of others and their health when attending any of our childcare programs. The following health and wellness policy applies to all current childcare programs.

Signs of illness will constitute formal evaluation by staff and the director. Sick children are not to be brought to any childcare areas and shall not be allowed to remain in any childcare program. Certain illnesses (see the following list) will necessitate the temporary removal of a child from the program.

All children must be well enough to participate in programming inside and outside the center.

Staff will observe each child's physical condition for symptoms of illness as he/she arrives at the center and periodically throughout the time period of attendance. If staff deem it necessary that a child needs to be removed from the program due to illness, the parent and director will be notified. At that time, the parent will be asked by staff to remove their child from the program until protocol has been followed.

\*A physician's note may be requested in order to return to program.

ILLNESS	COMMENTS	RETURN
Chicken Pox & Shingles	Child must not attend center. All parents will be notified of outbreak	Child may return one week from onset or when sores are dried and crusted
Conjunctivitis	Child must not attend center	Child may return 24 hours after beginning treatment and/or when active infection including redness and discharge are not present.
Diarrhea	Child may not attend center if diarrhea has occurred twice in one (1) hour or three times in two (2) hours. Diarrhea medication will not be administered at the center	Child may return 24 hours after last occurrence of diarrhea or when diagnosed as non-contagious by a physician
Fever	Child must not attend center if fever is 100.5°F and/or has other symptoms.	Child may return when he/she has been fever-free for 24 hours without the use of fever-reducing medication
Head Lice	Child must not attend center	Child may return 24 hours after beginning treatment. All nits must be removed
Strep	Child may not attend center	Child may return 48 hours after beginning antibiotic treatment and no fever
Measles/Rubella	Child must not attend center. All parents will be notified of outbreak	Child may return six (6) days after the onset of the rash
Meningitis	Child must not attend center. Physician must confirm type. Center must notify all parents	Child may return after disease prevention measures have been completed. Must have a written release from a physician.
Mumps	Child must not attend center. All parents must be notified of outbreak	Child may return nine (9) days after onset of swelling.
Pertussis/Whooping Cough (All children attending the center must provide evidence of immunization against Pertussis)	Child must not attend center. All parents must be notified by staff	Child may return five (5) days after disease prevention measures have been initiated. Must have a written release from a physician.
Rash	Staff will notify parent if rash is observed. If rash spreads or is accompanied by another symptom, the child must leave the center	Child may return with a written physician's note stating rash has been diagnosed as non-contagious.
Respiratory infection/ Severe (uncontrolled cough, difficult breathing or wheezing)	Child must not attend center	Child may return with written note from a physician
Respiratory infection/Unspecified (common cold with no fever)	Staff will take child's temperature at frequent intervals.	A child without fever who has mild to moderate symptoms may attend the center
Vomiting	Child may not attend center if vomiting has occurred twice in 24 hours (with no other symptoms) or once in 24 hours when accompanied by fever or lethargy.	Child may return 24 hours after last occurrence of vomiting or when diagnosed as non-contagious by a physician.

# Child Watch

Ages 6 Weeks-5 Years

## Age Policy

Children allowed in the Childwatch Program area may be 6 weeks through 12 years of age. Children will be placed in the area designed to serve their age group: Infant/Toddler Room, ages 6 weeks – 35 months; Preschool Room, ages 3 – 5; School-age Room, age 6-12. Children ages 6 weeks – 12 months are required to remain in the Infant/Toddler Room at all times. Children ages 13 months – 35 months will remain in the Infant/Toddler Room, may take short walks in property or to the playground area if only children under 3 years of age are present. Children ages 3 and up are not permitted to enter the Infant/Toddler area except to use the restroom. Children age 3 - 12 may be taken to the playground area, the school-age room, or the Family Fun Zone.

## Parent Observation Policy

Parents are welcome to walk their children to the door of the room where their child will be staying and to observe the childcare operations either from the half wall or via the closed circuit TV screens on the treadmills in the wellness area upstairs. All adults who interact with children at the YMCA are required to have a background check; therefore, parents are asked not to enter the childcare area.



## Length of Stay

Visits to the program should not exceed a maximum stay of 2 hours per visit. Parents may come both morning and evening for 2 hours. Parents who leave their children in Childwatch longer than 2 hours or beyond closing time will be charged \$1 for every minute over the limit. Parents must remain on the YMCA premises while child is in the Childwatch program.

## Diapers

If your child is in diapers, please notify the Childwatch Staff when you check your child in. We ask all parents to bring extra diapers, wipes, and a change of clothes. Parents should change their child's diaper before checking them in. Should a child need a diaper changed, the staff will follow the proper procedure for changing diapers. Staff is not permitted to apply any type of medication to child while changing their diaper. For safety reasons, parents are asked not to change diapers in the Childwatch area. The family locker rooms have changing tables for your convenience.

# Child Watch

Ages 6 Weeks– 12 Years

## Discipline Policy

Our primary responsibility is to keep your child safe, and if your child's behavior threatens his/her own or someone else's safety, the Childwatch discipline policy will be followed:

1st offense – verbal warning,

2nd offense – time out,

3rd offense – written behavior report and the parent will be located and asked to remove the child from the Childwatch area.

If a child receives a behavior report, parents are asked to sign and date it, and it will be turned in to the Childwatch Director. If a child receives three or more written behavior reports, the child may be suspended from the Childwatch program for a period of time determined by the Childwatch Director in a meeting with the parent.

## Membership Policy

The Childwatch Program is a free service to members with household memberships. If your child is not on your membership, you may upgrade at any time.

## Sign In/Out

Each child must be checked in and out of the Childwatch Program area by a parent/guardian. A tag with a number will be issued at that time. The child's name, parent's name, date, time in, allergies, and parent's location in the facility are required beside the corresponding number upon sign in. A duplicate tag will be given to parents and must be returned in order to check the child out before leaving the facility.

## Donations

The YMCA is a non-profit organization, which means donations to the Y are tax deductible. We would greatly appreciate any new or gently used toys or books to continue to improve our program area. If you would like a donation, please leave the items with the Member Service Desk and leave your full name, address, telephone number and estimated dollar amount of your donation. The Childwatch Director will generate and mail a receipt to you for tax purposes.

# Child Watch

Ages 6 Weeks-12 Years

## Bringing Guests

Parents may bring children (other than their own) as guests to the YMCA with a note of permission from their parents. There is a cost of \$2 per hour per child for all children who are not Y members.

## Personal Belongings

We ask that you mark all bags, cups, or anything else that is brought into Childwatch with you. We are not responsible for lost, stolen, or damaged items.

## Food and Drinks

We ask that your child have a meal or a snack before coming to Childwatch and that you please refrain from sending your child with any type of food. Children are only permitted to have a cup or bottle in Childwatch. Please make sure the cup is marked.



## Rules

We are glad to provide drop-in care for your child, age 6 weeks through 12 years, for up to 2 hours while you are participating in YMCA programs and services.

Parents are required to remain on the YMCA premises while their children are in the Childwatch area. Children are required to wear socks and shoes for structured play.

Please do not bring personal toys/items from home. Rough housing and horseplay are not acceptable behaviors. The YMCA will not be responsible for personal items.

Parents are required to read and sign the Childwatch Policies.

## Academic Enrichment

The YMCA is committed to helping your child achieve school readiness and academic success. We strive to provide developmentally appropriate activities designed to support your child's development in these areas. Our staff will read to your child and/or encourage your child to read independently. We will also help your child develop in the areas of our YMCA Character Values: Respect, Caring, Honesty and Responsibility.