



Worthington Area YMCA Parent and Guardian Child Watch Handbook



Hello Parents/Guardians of Child Watch Children,

We are excited to have you participating in Child Watch services at the Worthington Area YMCA. We strive to model our four core values (Caring, Honesty, Respect, and Responsibility) in all of our programs. That is also true in our Child Watch area. I hope that this handbook will answer any questions that you may have about our Child Watch service and also make you aware of the expectations we have from participants of Child Watch.

If you ever have any questions, concerns, or suggestions, please feel free to let us know! We are always looking for new ideas and ways to improve our Child Watch Area. Again, we thank you for supporting our Worthington Area YMCA and the Child Watch services. Thank You!

Worthington Area YMCA Staff
khystyna.lupkes@ymcaworthington.org

CHILD WATCH HOURS

Morning Hours:

Monday, Wednesday, & Friday	8:30 am-11:00 am
Tuesday, Thursday, Saturday, & Sunday	CLOSED

Afternoon/evening Hours:

Monday & Wednesday	4:30 pm-7:00 pm
Tuesday & Thursday	5:00 pm-7:30 pm
Friday, Saturday, Sunday	CLOSED

ABOUT CHILDWATCH

Child Watch is FREE to all Family and 1-Parent Family Memberships!

- 2 Hours maximum per day per child

Any Individual Memberships Adult, Couple etc and Non-Members

- \$2 per visit per child, \$1 for the 2nd child
- 2 Hours maximum per day per child

Staff

The Child Watch Staff are trained individuals. We strive for CPR, AED Procedures Training, and First Aid procedures and Child Abuse and Prevent Safety Training just to name a few.

Ratios

Child Watch at the Worthington Area YMCA tries to follow ratios determined by the State of Minnesota for Center Based Child Care. However, seeing as we are a drop in setting, we are not always able to meet those standards. As a parent, it is your decision to leave your child in Child Watch if numbers are high and it is busy. We will try to have additional staff on during peak hours and accommodate if there are higher numbers.

Age Limits

Infant (6 weeks) to age 9.

Sign-In/Sign-Out Procedures

- Guardians are required to sign their child in and out on the log provided in the Child Watch Area. Please sign-in with both first and last names for parents and children.
- Staff may verify identification and membership of all participants.
- Guardians must remain in the facility while child remains in Child Watch.
- Sign ins must include what location in the building you plan to be in.

Bathroom Procedures

- Children who are being toilet-trained will be directed to use the bathroom inside the room.
- Staff will not accompany children into bathroom stalls.
- Staff will not assist with bathroom functions or with changing/adjusting of clothes.
- If your child needs a diaper change or assistance in the bathroom while in our care, you will be asked to return briefly to the Child Watch area to do so. There is a changing station in the main restrooms for your convenience. Please check your child's diaper before leaving him/her in Child Watch.
- In order to provide a clean environment, children who have soiled clothing may not re-enter the Child Watch area until their clothing has been changed.
- Please inform staff if your child is in the toilet-training stage.
- Staff will encourage your child to use the restroom periodically.

Crying Children

- It is our policy to come and get parents when a child cries for 10/15 consecutive minutes. Although this may interfere with your workout, this procedure will be followed for the comfort and best interest of your child.
- Parents may stay with their child within the Child Watch area if it is necessary to acclimate them to the environment.

Discipline

- Discipline within Child Watch is based on an understanding of each individual child's needs and stage of development.
- It is based on the use of positive reinforcement, reasonable expectations, logical consequences, and if necessary, supervised removal from the group for short periods of time.
- Physical punishment is never administered.
- For the safety and well-being of your child and all those in Child Watch, inappropriate behavior (i.e., spitting, biting, inappropriate language, harm to self, harm to others or property) may lead to loss of the use of Child Watch services for your child or family. Each incident will be evaluated on a case-by-case basis.
- If a child displays inappropriate behavior, a conference between the parent(s) and Y Staff may be necessary to determine the individual expectations or loss of privileges based upon the severity of the behavior.
- Although this policy may interfere with your personal workout needs, our goal is to provide a positive and safe experience for all children in Child Watch.

Footwear

- All infants are required to have feet covered in socks and/or shoes.
- All mobile children must wear shoes. It is recommended that children wear close-toe shoes for their safety.

Bottle Feeding

- Child Watch staff are able to feed infants with bottles if bottles are pre-mixed. Child Watch staff are unable to mix bottles for the child.
- Child Watch staff will only be able to feed infants if time and amount of children in Child Watch allows for this to happen.
- If infant is crying because he/she needs to be fed and staff is not able to feed child for any reason, parent will be notified and asked to attend to their child.

Personal Items

Please do not bring any toys from home to Child Watch. Diaper bags, bottles, pacifiers, and sippy cups are allowed and need to be labeled and maybe stored in the cubbies provided.

Health Exclusion Policy

Please do not bring your child to the Child Watch room if they are not feeling well.

Child Watch Questions/Issues

Please feel free to discuss your questions, concerns, or suggestions with the Staff.

