



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

Welcome to the YMCA Child Watch and Parents Night Out Program!

Child Watch

As a service to our valued members, the YMCA Child Watch provides on-site child care for your family and our guests while enjoying our facility. Our goal is to provide a positive experience for children in a safe, healthy, and secure environment during your visit to our YMCA. We offer interesting and inviting age-appropriate activities implemented by warm and fun staff members.

Please Note: *All registration paperwork must be completed and submitted to Child Watch staff at the time of your first visit.

Security/Wellness

Staff will observe your child for any symptoms of illness or communicable disease, and parents will be asked to verify that the child is healthy enough to be in care with other children. Children are not allowed to check in our care with symptoms of a fever (over 100.4), vomiting, diarrhea, rash, drainage from the eyes, yellow or green discharge from the nose. If your child exhibits any of these symptoms while in our care, we will call you immediately and ask you to remove the child from care.

All children must be signed in and signed out by a parent/guardian. Pick up wristbands must be presented at the time of pick up.

Children may stay in Child Watch for no more than 2 consecutive hours in one visit, not to exceed 3 hours in one day.

Please label your child's belongings. Give staff any information about your child that may be valuable while he or she is in our care, such as eating and sleeping needs, temperament, and so on.

For the comfort and security of our members and children, we do not permit cell phones in the Child Watch area.

Please remember that parents/guardians must remain in the building while your child is in Child Watch. Parents are not allowed to drop off their children in care if their location is going to be outback/back fields. Please indicate your location at the time of drop off so you are easily accessible to staff.

Children between the ages of 6 weeks to 12 years of age are welcome during the Child Watch hours.



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Children that are potty training must be in a pull-up while in Child Watch. Our team will ensure to assist your child in the restroom if needed. For children that are toilet trained, please take them to the restroom before leaving your child with the caregivers. Should your child have an accident in our care, our team will contact you directly if assistance is needed. Always ensure to pack your child extra underwear and/or pull ups.

For safety and sanitary reasons, shoes or socks must be worn at all times.

Due to fire and safety standards, it is recommended that all infants have an infant carrier while in Child Watch.

For first timers

Please mention you are a first time user to our Child Watch staff upon drop off. They will gladly assist you with a tour, review paperwork and explain the check in/out procedures with you in detail.

Plan to leave your child for a shorter time on your first few visits so your child can become acclimated to the new environment. You may need to start with as little as 15 minutes and increase it day by day. You know your child best so just make a good judgment on what your child is comfortable with.

It is normal for some children to exhibit separation anxiety when being dropped off. If at any time during their stay in Child Watch they become upset and are crying for duration of up to 15 minutes, and we are unable to comfort them, we will come and get you. We will work with you and your child on making them feel comfortable so that you and your child can enjoy your stay.

Eating

Children may consume healthy food or drinks in Child Watch, not to include gum, hard candy, popcorn, or peanut products. Supervised bottle-feeding may be available. All beverages consumed must be healthy and have a lid.

Child Guidance

The Child Watch staff use redirection and positive reinforcement while working with your child. If these techniques are not successful and your child possesses a danger to self or others, or displays inappropriate behavior, we will notify you immediately. This may result in immediate removal from program. We will share information concerning any behavioral issues at the time of pick up.

Staff

The YMCA conducts annual background checks on our staff. Our teams are CPR, First Aid, AED and Oxygen administration certified and have been trained to



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recognize the signs of child abuse and symptoms of communicable diseases.

Activities

During his or her stay with us, your child is encouraged to engage in fun activities that include a variety of age-appropriate toys, equipment, and materials of interest and challenge to your child. Child Watch curriculum calendars are created monthly to fit various themes. Please stop by the Welcome Center or Child Watch to receive a copy.

Choices for your child may include the following:

- Infants: rattles, busy boxes, windup toys, music, books,
- Toddlers: books, puzzles, manipulative toys, building blocks, dramatic play
- Preschoolers: books, puzzles, manipulative toys, blocks, dramatic play, and art
- School-agers: books, board games, construction toys, arts and crafts

While Child Watch programs may make use of TVs and DVD players, the Y limits viewing time to programs that actively engage children and offers only programming choices that are consistent with YMCA values. We offer only G-rated videos and screen music with appropriate content.

We make an active effort to prevent child abuse.

Parents have the right to discipline their children; however parents must refrain from using physical or corporal punishment while on YMCA property. For the safety of the children entrusted in our care, the YMCA conduct and requires a background check and references for our staff and volunteers. Allegations or suspicions of child abuse are taken seriously and are reported to the policy and state agencies for investigation. Programs are structured and observed so that staff and volunteers are never alone with a child.

Accommodations

The YMCA strives to include all children in our programs. We operate under the provisions of the Americans with Disabilities Act, which provides protection to individual with special needs as well as providers of care for these individuals. However, our programs are not designed for therapeutic or one-on-one care. Please disclose all special needs, allergies and/or medications prior to the start of the program.

A meeting may be required to discuss if we can make the appropriate



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accommodations for participants. You may contact the Program Coordinator at 817-274-9622 x 2206.



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Parents Night Out

Go out on a dinner date with your significant other or enjoy a night out on the town with friends while we will take care of your kiddos! Our YMCA's Parent's Night Out Program provides safe, quality care for children ages 6-weeks through 12 years of age every Saturday night of the year from 5:00 PM-9:00PM. Reservations are not required! Spontaneous decisions are encouraged!

Registration details

There is no advanced planning on your part! Simply drop off your kids on a Saturday evening at any of our three convenient locations (North YMCA, Cooper YMCA, and Central YMCA) between 5:00-5:30PM. No participants will be allowed to enter after 5:30 PM.

Please note that this program is exclusively for current Arlington-Mansfield Area YMCA Full Members. Nationwide members may not use this service. No guests are permitted.

Capacity notice: For the safety of our participants and staff, a capacity has been implemented at each location. Should capacity be reached, our team will discuss accommodations with you.

Drop off

Each child will be assigned to their corresponding age group for the evening. Groups have been separated for safety, size control and quality purposes. Please ensure to drop off in the corresponding area. Should a child be dropped off in the incorrect age group, a YMCA staff will place them in their corresponding age group. Under no exceptions will we allow a child to be placed in the incorrect age group.

Dinner options

Dinner can be purchased for \$5.00/child at the time of registration. Dinner includes two slices of cheese pizza and a juice. No refunds can be issued for dinner purchases.

Participants are able to bring a peanut-free dinner as well. All items must be labeled.

Select locations have special themed meals such as hot dogs, nachos, etc in place of pizza. Any changes will be posted at the branch at time of registration.

Please note: Our branches have limited access to microwaves. Your child's meal may not be able to be heated up at the time of dinner.



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Extended Care

Extended care is available for an additional fee at North and Central YMCA- this must be purchased at the time of registration. Fees are as listed:

\$10 first child

\$5 each additional child

No refunds can be issued for extended care transactions.

Late pick up fees

Our Parents Night Out program ends promptly at 9:00 PM. Failure to pick up on time may result in a late fee of \$1/minute/child. Late fees will be added to your account and must be paid in full prior to returning to the program. Your child will not be allowed to check in care with an outstanding balance.

Please note: Extended care option cannot be added in lieu of the late pick up fee.

Activities May Include:

- Themed Arts/Crafts
- Gym activities
- Outdoor play
- Movies

Participant Guidance

The staff use redirection and positive reinforcement while working with your child. If these techniques are not successful and your child possesses a danger to self or others, or displays inappropriate behavior, we will notify you immediately. This may result in immediate removal from program. We will share information concerning any behavioral issues at the time of pick up.

The YMCA reserves the right to suspend or dismiss a child immediately for violates any of the following behaviors:

- Inflicting physical harm to oneself or another individual including staff
- Treats which may cause physical harm to another individual
- Destruction of property
- Inappropriate touching of another individual
- Use of foul or abusive language
- Knowingly leaving YMCA program are without permission



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Technology Policy

For the comfort and security of our members and children, we do not permit technology (cell phones, laptops, music players) during program hours. We encourage all participants to engage in the evening and make new friends. Should this policy be violated, the YMCA will not be held responsible for any missing and/or damaged items.

Parent Intoxication

At times, we are required to make decisions concerning a child's safety. If a YMCA staff member has reason to believe that a pickup person is under the influence of drugs or alcohol, then we will not release the child until an alternate form of pickup has been arranged. If a pick up person in this situation become unruly, uncooperative or violent, the police will be contacted. In extreme cases, this behavior may endanger the child's further participation in our program.

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A meeting may be required to discuss if we can make the appropriate accommodations for participants. You may contact the Program Coordinator at 817-274-9622 x 2206.

Contact

For more information on Child Watch and Parents Night out, please contact:

Eboni Williams, EboniP@amaymca.org ,Program Coordinator- Central/North YMCA