



Daycare



Family Handbook

Watertown YMCA Daycare
514 Washington St. Watertown NY, 13601
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The Y: We're for youth development, healthy living and social responsibility.

YMCA Core Values

- ◇ **Caring** – To love others, to be sensitive to the well-being of others, to help others.
- ◇ **Honesty** – To tell the truth, to act in such a way that you are worthy of trust, to have integrity; making sure your choices match your values.
- ◇ **Respect** – To treat others as you would have them treat you, to value the worth of every person, including yourself.
- ◇ **Responsibility** – To do what is right, what you ought to do; to be accountable for your behavior and obligations.



YMCA Daycare Philosophy

Through our child care programs, we are responding to the complex needs of today's families and acting upon our commitment to kids, families and communities. We believe that daily practice and interaction with children must reflect the YMCA goals for child care:

- ◇ To offer a safe, caring and fun environment for all children,
- ◇ To support and strengthen the family unit,
- ◇ To develop new skills,
- ◇ To have fun.

YMCA programs provide opportunities for children to develop and grow as they learn through socialization, exploration, choice and creative play.

At our YMCA, children enrolled in the daycare receive member rates on certain programs such as gymnastics, swimming, soccer, etc. **Please remember to mention that your child is a registered daycare participant when signing up for programs!**

Ages and Hours

Ages: 6 weeks – 5 years

Hours: Monday through Friday from 6:30a.m. until 5:30p.m.

Please call the center 315-755-1208 by 9:00 a.m. if your child will not be attending that day

Curriculum

We are committed to the Creative Curriculum which includes creative play, math, science, discovery, art, physical development, self-help skills and social development. Critical thinking is encouraged by providing choices, problem-solving opportunities for success, and encourages positive interaction.



Programs

- ◇ **Infant (6 weeks -18 months):** In the infant program, teachers will provide a safe and nurturing environment with cognitively stimulating activities that support each child. Teachers provide both a theme-based curriculum and individualized planning based upon each infant's particular needs. Teachers will also use daily reports to communicate and highlight with parents aspects of an infant's day. This tool will note a child's day to day activities and help facilitate the best way for teachers to care for a child.

- ◇ **Toddlers (18 – 36 months):** In the toddler program, teachers will provide theme-based curriculum introducing shapes, numbers, colors, etc. Each child will have the opportunity to grow cognitively, socially and physically through a wide array of experiences. Activities may vary depending upon the needs and developmental levels of the children in the program.

- ◇ **Preschool (3 to 5 years):** In the preschool program, teachers will provide a theme-based curriculum. Each child will have the opportunity to grow cognitively, socially and physically through a wide array of experiences. Activities may vary depending upon the needs and developmental levels of the children in program. Lessons in these classrooms are based on the NYS Common Core and the Creative Curriculum to help prepare children for Kindergarten.

Eco-Friendly

We are a certified eco-friendly child care center. We are one of few centers in the area to have the Eco-Healthy Child Care national endorsement.

The following are some of our eco-friendly values:

- We ask all parents when able to not idle in the parking lot. Car exhaust releases pollutants that are harmful to health (especially children).
- We paint our facility with NO-VOC paint.
- We no longer use aerosol air freshener or cleaners. We mop the facility with vinegar and hot water each night.
- We make sure the art materials we use are free from hazardous or toxic ingredients.
- We have had our classrooms and toys tested by the Child Care Council. We replaced our dramatic play furniture from vinyl to an eco-friendly material.
- We recycle and encouraging children to help.
- We have a no donated toys policy – due to the dangerous materials in older toys.
- We reduced the use of canned food and moved to a fresh is best model.
- We clean carpets with baking soda and hot water on a monthly basis or as needed.
- We enforce a smoke free facility/grounds policy. There should be no smoking in the parking lot, near the playground or anywhere on the premises.
- We are constantly working to reduce the amount of paper we use through emailing families flyers, newsletters and information.

Daily Activities

Daily schedules will vary depending on the needs of the children and ages in the classroom. Classroom schedules and lesson plans are available for your review on our parent board.

Enrollment Procedures

- The completed registration paperwork and payment deposit must be returned to the center 48 hours before the first day of attendance.
- Parents are required to submit a medical examination report and a current immunization history with their registration packet. A child may not attend without the examination report. Copies of lead testing reports from age 1 and age 2 are also requested at the time of registration or once the testing occurs.
- In addition, if your child requires medication due to illness, allergy or a medical condition you will need to fill out medication paperwork with your child's doctor. This paperwork is available at the front desk and is required to be included with the registration packet. No child needing medication may attend without the medication paperwork.

- Parents are encouraged to visit the center before their child is enrolled and should bring their child with them. This will give the child an opportunity to meet the teachers and other children before the first full day of attendance.
- Parents should feel free to meet with the Director prior to the first day of enrollment to share information, voice their expectations of the program and ask questions.
- Notification of any changes in address, phone numbers, authorized pick-up etc., is pertinent for your child's welfare. You must immediately notify the front desk of any changes.
- All enrollment forms are kept strictly confidential. They will only be shown to YMCA staff, Department of Health, OCFS, Emergency Personnel or Custodial Parents.
- The YMCA reserves the right to require an official court ordered subpoena for release of records.
- In the case of a legal court order or document the YMCA will follow and enforce the court order as written. No exceptions will be given.

Enrollment Process

At the time of enrollment, parents are required to sign a financial agreement and pay the first two (2) weeks of care in advance by check, money order or credit card prior to the first day of attendance. An EFT draft will need to be set up for all subsequent monthly fees.

Tuition and Fees

Each child's tuition is an ongoing fee, which may be separated into bi-weekly or monthly payments. **ALL PAYMENTS ARE RECEIVED THROUGH ELECTRONIC FUND TRANSFER.** All fees are due on your chosen EFT draft date for that month of care. There will be no refunds or reductions for days missed, holidays or closings.

Returned checks and EFT drafts are subject to a \$20.00 banking fee

DSS Recipients

The Department of Social Services payment amounts are determined by ***their*** payment system and any difference between the YMCA Daycare fees and the state maximum allowance will be the responsibility of the parent. You must sign in and out on the parent sign in sheets in your child's classroom so we can accurately bill DSS. Your DSS letter must state the YMCA Daycare is your provider for your child to be able to start.

Late Fee

A late fee of \$2.00 per minute in addition to any regular fees will be charged after 5:30 p.m. Constant late pick up will result in termination of services. As a reminder the YMCA is required to report frequent late pick up's to the Department of Social Services. If a child is not picked up by 5:30 p.m. the primary parent/guardian will be called. If he/she does not answer we will move on to the next person on your pick-up list and continue calling listed emergency contacts. After 60 minutes of no contact we will call the police or local CPS.

*****Phone calls to notify of late arrival will not exempt a late fee charge. Accounts will be billed*****

Termination of Services

The YMCA Daycare requires a written notice on our withdrawal form, **two weeks in advance**, to discontinue childcare services and not be billed.

Arrival and Departure Policy

- No child will be released to anyone not listed on the enrollment form without prior written permission from the parent or guardian.
- **Photo identification will be required by anyone** (including parents) picking up the child. Once the pick-up person is known, photo identification may not be needed. Always have identification. Staff may change or not recognize you.
- Make sure you walk your child into his/her room and sign them in and out of their classroom on a daily basis. In the infant and toddler rooms you will also need to fill out a daily report at drop-off. At pick-up time please make sure to check your child's cubby and/or mailbox for important papers and artwork.
- Please do not use your cell phone while inside the center. Staff and children need your full attention as you arrive at the center and when you pick up at the end of the day.

Sick/Injured Child Policy

The center can not care for sick children except for brief periods when the child becomes ill at the center. If a child becomes sick while at the center, parents or next of kin will be contacted by phone and expected to come for the child within an hour of being notified. The ill child will be isolated from the group and closely monitored by the staff until a parent or person authorized for pick-up arrives. All families will receive a copy of the

sick child policy at registration. Please refer to this policy for exclusion signs and symptoms and readmission criteria.

If an injury occurs during the day, the parent or next of kin will be contacted immediately. If there is a serious injury and/or medical problem, the parent and/or 911 may be contacted for assistance.

Adminstrating Medication

In order for the staff to administer medication it must be prescribed by a doctor. Please help us by:

- Signing and dating a medical consent form. This form can be picked up from the class or at the front desk.
- Making sure all medication is in the original container with the date, child's name, doctor's name and the dosage present on prescribed medications.
- We are only allowed to administer topical ointments without a medical consent form. All other medication **must be accompanied** by a medical consent form completed by a physician.
- If you need to leave medications (that we are not administering) here at the center please drop them off at the front desk. **NO medication** can be left in your child's bag in the classroom.
- **If no form is filled out, no medication will be able to be given.**

Immunization and Physical

A current immunization record is required prior attendance. Please update this record whenever there is an addition or change. You must also have a current physical on file at all times with a copy of the lead testing reports (if available).

Meals and Snacks

Our center participates in the CACFP food program. We provide a healthy breakfast, lunch and afternoon snack to all children ages 1 and up. Menus are posted weekly and signed off by a licensed Dietician. Lunch is catered by Samaritan Medical Center because we do not have an on-site kitchen.

We are a ***nut free*** center due to allergies. Please see your child's teacher regarding allergies if you are going to be bringing in items for class parties or for your child's birthday. We need to be able to identify the ingredients of all items consumed by children while in our care.

We are committed to serving only healthy beverages. Therefore, the only beverages served to children while in care are: fluid milk, 100% juice and water. Water is available on demand throughout the day.

Infants (6 weeks – 12 months): Parents/Caregivers may provide breast milk, formula, cereal and baby food as required by the individual child if you choose not to participate with the center's food program. Teachers will follow the feeding schedule of each infant as provided by the parent/caregiver. Parents will document feeding requests on our feeding form. Feeding forms will be updated as changes occur. We are a breast feeding friendly center. This means we will make every effort to accommodate and encourage breast feeding mothers in their efforts.

Pre-Toddler – Preschoolers (12 months - 4 years): We provide a nutritious breakfast, lunch and snack. Allergies, including milk alternatives will require a current, physician's Food Allergy Action Plan on file at the Daycare.

No outside food or drinks are allowed unless children are on special diets for medical, religious or personal preference. You can discuss special food arrangements with the Director at any time.

Daily Rest Periods

Provisions will be made each day for each child to rest. Rest time is provided to meet the needs of each individual child. Please provide a crib sheet and a small blanket to cover the cots at nap-time. The linen is to be picked up every Friday afternoon to be laundered and brought back to the center on Monday mornings. **Please label your child's linen and all personal items with his/her name.** For children unable to sleep quiet activities will be provided. A signed nap agreement will occur at the time of registration.

Personal Hygiene

All children must arrive at the center wearing clothes that are free from odors (such as cigarette smoke). Some children have allergies and soiled clothing and/or clothing with odors may affect their health. Additionally, fingernails must be kept trimmed at all times, as children are hands on, long fingernails could be a possible health and safety hazard to other children and staff. We ask that each family brings in toothpaste and a toothbrush for their child to use while at the center. We value taking good care of our teeth so children brush their teeth after meals.

Potty Training

Together, you and your child's teachers will develop a plan for initiating/supporting potty training. When a child is being potty trained, several pairs of underwear, an extra pair of shoes and 2-3 sets of clothes should be brought to the center on a daily basis.

Note: When potty training begins, please dress children in clothes that will help increase independence of this new skill (no buttons or belts).

Outdoor Play

Daily supervised play is required for all children in care, except during inclement or extreme weather. Please be sure your child is dressed weather appropriately. We follow the Child Care Weather Watch chart. If you would like a copy of this chart one will be provided.

Inclement or Extreme Weather:

- temperature below 20 degrees and taking into account wind chills
- severe thunderstorms
- freezing rain, hail
- extreme heat or humidity
- blizzard

Behavior Management Policy

Developing self-regulation, the ability to control one's own feelings and behavior is a primary task of early childhood. Our philosophy at the YMCA daycare is that children need to be taught how to self-regulate through positive guidance strategies used by teachers within the classroom.

Infants

Self-regulation is taught to our infants through establishing and following rituals that are as similar to the child's home rituals as possible, using simple and clear language to communicate which behaviors are acceptable, giving infants many opportunities to move and be active throughout the day and using face, voice, touch and motion to help infants manage feelings and other stimulation.

Toddlers

Self-regulation is taught to our toddlers through encouraging their growing sense of independence. This is done through inviting them to participate in daily routines and giving them many chances to make choices. Duplicates of favorite toys are provided in the toddler room to avoid conflict and sharing is modeled and encouraged by teachers. Teachers also help model alternative ways for toddlers to express their anger and acknowledge children's actions when they show some self-control. Toddlers who have trouble with biting and or hitting are shadowed by a teacher and guided toward using their words rather than through physical aggression. A copy of the biting policy can be found in the family handbook or you can ask for one at the front desk.

Preschool

Self-regulation is taught to our preschoolers through a variety of positive guidance strategies such as:

- Teachers being good role models
- Giving the children responsibilities within the classroom
- Giving only one or two simple directions at a time
- Setting limits within the classroom
- Using positive language

- Giving choices when appropriate
- Allowing children to do their own problem solving when issues arise and talking it through with the teacher
- Having a clear and consistent daily routine and giving children time warnings when transitions are approaching
- Praising appropriate behaviors!

When self-regulation **is not** achieved through positive guidance strategies teachers will proceed through the following steps:

1. Teacher will provide substitute activities – redirect the child.
2. Teacher will help the child use problem solving skills by talking through the problem.
3. Teacher will enforce a temporary loss of choice for the child (ex. child will choose a different activity or center).
4. Director will discuss the behavior with the child outside of the classroom.
5. A behavior report will be filled out by the teacher and discussed with parent/guardian and signed at pick-up.
6. If the behavior continues or worsens, the child’s parent/guardian will be called.
7. A family conference will be requested with the Lead Teacher and Director to come up with a plan of action.
8. In extreme cases, a one day suspension or suspension from the program (per Director) may occur.

Biting Policy

We want to ensure that every child is safe while in our care. For safety and health concerns, we take biting seriously. We have a biting policy in place which we follow when incidents of biting occur within our classrooms. When a child is bitten, we give immediate attention and, if necessary first aid, to the child who was bitten. You will receive an incident report and be contacted if your child is bit by another child. When children bite, the parents are informed personally and in private the same day. The parent of the child that bit also receives an incident report explaining how the biting occurred. We keep the name of the child who bit confidential. This is to avoid labeling and give our teachers the opportunity to use their time and energy to stop the biting.

Mandated Reporters/Child Care Complaint Line

In order to ensure the well-being of the children in our care, our staff are trained and mandated under NYS state law to report incidents of possible neglect or abuse; including physical, sexual and/or emotional abuse to the Child Abuse Hotline. We do not have discretion in this matter, but make such referrals whenever we have reasonable cause to believe a child may have been harmed by someone.

If you believe your child is being abused call the Statewide Toll Free Telephone Number:
1-800-342-3720

If you believe at any time that a child is in **immediate danger**, call **911** or your local police department.

The State Office of Children and Family Services maintains a toll-free complaint line for complaints about day care programs. Call this number during normal working hours and a staff person will take the information. The Office is empowered to investigate any possible violation of child care regulations. If you think a person or program is operating without the proper license or registration certificate, this is also a basis for making a complaint. Your complaint will be investigated, and if it is substantiated, staff will work with the provider to correct any violations.

A copy of NYS OCFS regulations is available in the lobby for parent reference at any time. We ask that if you have a complaint you please discuss the issue with the Director before calling the complaint line so we can work to rectify the situation.

If you wish to make a complaint, call:
(800) 732-5207

Classroom visits

Parents are always encouraged to visit the classrooms. Please discuss options with your child's teacher if visiting/leaving upsets or disrupts your child's day/schedule.

A Parent's Role

Parents play the most significant role in their child's growth and development. The YMCA daycare encourages parent participation. Open and friendly communication is essential. Parent concerns should be immediately directed to the director or front desk. Details surrounding the concern will be reviewed, solutions will be discussed and a plan of action will be implemented. Communication is the best tool to guarantee your child's happiness.

Emergency Contact

In the event of an emergency and our main number 315-755-1208 is out of service; please call our center cell phone 315-221-1151.

Field/Walking Trips

Infants, Toddlers and Preschool children may go on local walking trips. The YMCA Daycare utilizes strollers and buggies for our infants and toddlers in order to maintain the safety of the children.

Dress Code

Children in our program have lots of energy and we provide both active inside and outside play. The children need to be dressed appropriately for active play and the weather. Sneakers or closed toe shoes work best for climbing and playing on the playground. We do a lot of water and sensory play so please make sure your child always has a change of clothes in case they get wet or dirty and need to be changed.

Religious and Celebration Policies

Holiday celebrations are very important for all children. The YMCA Daycare will recognize all holidays and include them in our curriculum. We respect all of our families and their traditions, therefore, if you have any input regarding your own family holidays and traditions please let us know. We do welcome birthday celebrations but please make sure to speak with your child's teacher regarding allergies in the classroom.

Holidays, Snow Days and Emergencies

The center will be closed in observance of the following holidays:

New Year's Eve
New Year's Day
Good Friday
Memorial Day
Independence Day
Labor Day
Thanksgiving Day and the day after
Martin Luther King Jr. Day –All Staff Training Day
Columbus Day –All Staff Training Day
Christmas Eve/Christmas

The center will close if the following occurs:

- NYS Police deems a travel ban in Jefferson County.
- If unable to get back into the building or site deemed unsafe.
- Closings/delays will be listed on newzjunkie.com, watertownymca.org, the YMCA app and local news and radio stations.

Emergency Evacuation Procedure

In the event of an emergency our primary evacuation site is the back parking lot. If we are unable to get back into the building we will follow our emergency evacuation procedure which is outlined below.

1. A sign will be posted on the main doors with our alternate location (Downtown YMCA) and alternate contact numbers listed.
2. We will proceed to walk to the Downtown YMCA in a quick, safe manner. Infants are evacuated in evacuation cribs.
3. Once we reach the Downtown YMCA we will begin calling all parents to notify them of the emergency and pick-up location.
4. You can call the center cell phone 221-1151 or the childcare branch 755-2005 if you have any questions during this time.

Fire Drills/Shelter-in-Place

Fire drills are conducted at least once per month. Children and staff practice exiting the building in a quick and safe manner following both primary evacuation routes and secondary evacuation routes. All emergency exits have an evacuation diagram posted outlining the evacuation routes. Take a few minutes to familiarize yourself with the evacuation routes in your child's classroom. Shelter-in-place drills are practiced 2 times annually. Supplies are kept on site to be used in the event we have to shelter-in-place. Parents would be notified via our center phone or center cell phone in the event that we had to shelter-in-place.

Contact Information

Mailing Address:

YMCA Daycare
514 Washington St.
Watertown NY, 13601
(315)755-1208
(315) 755-1212(Fax)
Emergency Contact (if phone is not working) (315)-221-1151
Website: www.watertownymca.org
Email: ymca_daycare@yahoo.com (center)
ymca_slinnemeier@yahoo.com (Director's email)

Executive Director of Youth Development.....Rebecca Reed
Daycare Director.....Sarah Linnemeier
Assistant Director.....Elizabeth Harris