



### What if my child is potty training?

If your child is potty training, we want to support your efforts while your child is in our care. You can help us by:

Taking your child to the restroom before leaving them in the Kids Room.

Unless your child can physically undress himself/herself when he/she needs to use the restroom, we recommend sending your child in a diaper or a disposable (pull-up) training pants. In the case of a bathroom accident that soils the clothing; we will request the parent change the child's clothing.

### What if my child is in a diaper?

We ask you to please bring your child in a clean and dry diaper. We do not change diapers. We will come and get you and ask that you come immediately to change your child.

If a diaper leaks we will inform the parent and ask you to change your child immediately. If the child's leakage was due to diarrhea, we will ask you to take your child home. Your child will not be allowed to return to the Kids Room for 48 hours (see sick policy).

### How is discipline handled?

Kids Room caregivers will communicate clear definitions of acceptable and unacceptable behaviors and set reasonable limits for the children. Effective discipline helps a child feel secure.

Consequences are imposed for inappropriate behavior. Time-out is used when a child's behavior is disruptive or if a child disregards the rules. If time-out does not correct the problem and we attempt to communicate with your child again and the behavior continues, the parents will be asked to remove the child from the room. Fitness World reserves the right to dismiss any child whose behavior is consistently disruptive or interferes with the best interest of other children

If a child bites or hits another child, he/she will be told that the biting / hitting is not acceptable. Parents of both children will be notified. If this continues a second time, the parent and child will be asked to leave the Kids Room. If the biting/ hitting continues upon the return of the child the child will not be allowed to return to the room and may be given a specific amount of time until they are allowed back in the Kids Room.

### What if my child cries?

Some children experience difficulty when first separated from a parent. The kids room caregivers are experienced and trained to meet the needs of young children and will use positive methods to redirect your child to get involved in activities such as singing, dancing or playing with a toy. If crying persists for more than 20 minutes, you will be asked to pick up your child. We want your child's experience to be positive.

Please do not hesitate to contact the Kids Room Coordinator Stormi Jarmon should you have any question or require additional information

stormi@fitnessworldnc.com  
919-544-9000

### Kids Room Hours

#### Monday-Friday

9:00 am-1:00 PM

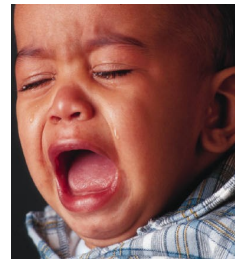
4:00 PM- 8:00 PM

#### SATURDAY

9:30 AM -2:00 PM

#### SUNDAY

1:00 PM- 4:00 PM



## FITNESS WORLD KIDS ROOM PARENT MANUAL

# Stay and Play....

This manual will help you and your child plan for a fun and exciting day in the Kids Room. Please read this manual carefully to assist in your child's positive experience.

Our staff will provide children with safe, fun-filled opportunities to develop physically, mentally, and socially.

## What can you as a parent expect from Fitness World?

We have caring, enthusiastic, and CPR/First Aid trained staff

A clean room

A comfortable, safe environment

## What does Fitness World expect from the parent?

Parent's awareness of and cooperation with all the policies of the Kids Room

Read related materials posted in the Kids Room for updated information that pertains to the Kids Room

## What about lost items?

We are not responsible for lost items.

All items worn or brought should be clearly marked with your child's name. Any items not claimed within one week will be donated to charity. Ask a Kids Room caregiver where the lost and found basket/box is.

## What should my child wear?

Your child should dress in play attire. Tennis shoes for active play are strongly recommended. No Crocs or flip-flops without a back strap allowed during the kids playtime in the gym.

Toddlers learning how to walk, and pulling themselves up, must wear shoes.

## What is the age limit?

3 months – 12 years old, once they turn 13 they can be added onto your member for an additional fee.

## How does the drop off and pick up procedure work and how long can my child stay?

There is a two hour limit per child per day over the age of 1. With only 1 visit per day.

For a child under the age of 1, they can stay for one hour. With only 1 visit per day.

Parents must remain on site while their child is in the Kids Room.

If you are attending a class that is held outside you must tell a Kids Room caregiver what class you're attending and where it will be held.

When dropping off your child you will need to sign him/her in. Make sure that your child's snack is labeled and either hand it to a Kids Room caregiver or place the snack on the counter. Staff will not go into diaper bags to look for items.

## Who can pick up my child?

Only the member who drops off the child will be permitted to pick them up. If you plan on someone else picking them up, even a spouse, you must notify staff and put it in writing upon signing in. You may be asked to provide a photo ID.

If the person you have coming to pick up your child is not a member of Fitness World, they will have to wait at the Front Desk. You will need to come check your child out of the Kids Room and take your child to them.

Your child's safety and well-being is a top priority for us.

## What types of food can I bring?

We will not allow gum, hard candy, lollipops, grapes, berries, raisins, nuts, popcorn, chewy foods, peanut butter or any messy or difficult to serve snacks. We ask that you don't bring meals into the room.

Children under the age of 3 should drink out of a bottle or sippy cup.



## What does the Kids Room caregiver need to know about your child?

Helpful information includes:

Food Allergies

Emotional, behavioral, physical, or intellectual challenges

Extreme shyness

Any other helpful information about your child, will help the Kids Room Caregiver provide the best care.



The caregivers clean toys and wipe surfaces with a disinfectant cleaner twice a day. They also follow good hand washing practices to lessen the spread of diseases. Do not send your child if they have any of the following symptoms:

Nose that continues to run (regardless of color)

Sore throats

Fever

Excessive coughing

Diarrhea or vomiting

Any other contagious diseases or symptoms.

In addition, a child must be non-medicated, fever free and have stopped diarrhea and vomiting for a full 48 hours before returning to the Kids Room. A physician's note may be required before readmitting a child.

If your child stayed home sick from school, then they should not be in the Kids Room either.