



## **Conception Bay Family Resource Program Inc. Guidelines for Participation Healthy Baby Club**

### **Attendance**

The Healthy Baby Club meets in Kelligrews every Wednesday from 1 to 2:30 pm and Bi-Weekly Thursdays from 7pm-8:30pm. If you cannot attend a group session for an important reason, please let us know. To avoid missing valuable information, whenever possible schedule appointments for a day/time other than your regular group day.

### **Supplements**

While attending Healthy Baby Club, we provide you with a gift card each week to purchase 6 (or7) litres of milk, 1 dozen eggs, and oranges or kiwi. If we must cancel a session or if you are unable to attend, you are responsible to pick up your gift card before 12 pm Friday of that same week. You must provide your signature to receive the card and return your receipt(s) with all items listed to receive the next gift card.

\*Postnatal – You will receive 6 weeks' postnatal supplements. If you wish to continue receiving supplements, you are eligible for up to 6 months after the birth of your baby by attending at least 1 weekly playgroup session at the location of your choice.

### **Language**

The Family Resource Program is here to provide positive support, education, and interaction. The language we use in the centre should reflect our goals. For some parents and children words or tone of voice may be disturbing to hear. Please remember we should always model good language.

### **Smoking**

We ask that you refrain from smoking before entering the centre. Smoking is not permitted in or around any portion of the Family Resource Program property. Thank you for your cooperation in this matter.

### **Childcare**

The group is an educational time for you. Talk to your Healthy Baby Club Coordinator if you have any concerns regarding childcare.

### **Personal Belongings**

Space is provided to store coats and boots while attending your session. However, we cannot be responsible for lost or stolen items. Please ensure that valuables are left at home or always stay with you.

## **Nutrition**

The Conception Bay Family Resource Program strives to create a foundation for healthy eating habits by following Canada's food guide and serving healthy snacks. Snacks are provided during Healthy Baby Club but if you choose to bring a snack, please ensure it is a nutritious one. If you have a dietary need, please talk to a staff member.

## **Allergy Alert**

Please be aware that several children and parents who visit our centre have life-threatening allergies. We are a scent-free facility, and we strive to be a peanut-free facility as well.

## **Fire Safety**

For your safety, please take note of all fire exits, fire extinguishers, and fire alarms in the building.

## **First Aid**

In the event of an accident or injury, please inform a staff member. The first aid kit is located in the black cabinet in the porch. We hope that with everyone working together injuries will be a rare occurrence, but we still need to be aware and ready to act appropriately.

## **Product/Business Promotion**

Our program is a place for socializing with other families; it is not a place where families should feel pressured into buying or ordering any products during programs. With that in mind, we ask that you respectfully refrain from any form of business or product promotion and sales in our space.

## **Group Sessions**

Every group will be different, and you may not always share the opinions of others. We ask that you please respect other group members by keeping an open mind, taking turns speaking and staying positive. We also request that you respect others privacy by not discussing their information outside the group.

## **Privacy/Confidentiality**

The Conception Bay Family Resource Program Inc. believes very strongly in a family's right for Privacy and Confidentiality. Therefore, all information obtained on our membership forms, as well as during formal and informal conversations or discussions will be kept confidential and private. This is encouraged and expected from all staff, volunteers and members participating within our centres.

From time to time we may take photos during programs for the purpose of our newsletter and display boards. Please note that no photo will be used in a public manner without the consent of the parent/guardian.