



# true north

a safe place for those impacted by abuse

## WELCOME TO THE REC ROOM

In our Rec Room we support families in play, kids in feeling safe, shelter programs to assist parents in case planning, and parents and guardians with self care and respite. In the Rec Room we have two full time staff and relief staff that comes in on weekends and holidays.



# REC ROOM GUIDELINES

- ✓ Everyone is welcome
- ✓ Use kind words
- ✓ Say please and thank you
- ✓ Laugh, giggle and be silly
- ✓ Make Music
- ✓ Play fair
- ✓ Help each other
- ✓ Express yourself
- ✓ Be creative
- ✓ Use your imagination
- ✓ Be responsible
- ✓ Be yourself
- ✓ Clean up after yourself
- ✓ Sing and dance
- ✓ Share and take turns

## Babysitting

Should you require Child & Youth Staff to babysit, a Babysitting Agreement Form must be completed for each request. Please give us a minimum of 24 hours notice to request babysitting services. Babysitting is on a request basis and cannot be guaranteed until notice is provided to staff.

## Outings

Child & Youth Staff will occasionally take children on outings in the community (school playgrounds, Kinsmen Splash Park and Dairy Queen). A permission form must be completed for each outing.

## F.E.P

Family Enjoyment Program - When funds permit we can assist families on outings to Calaway Park , Royal Tyrell Museum, movies and the zoo. In house we facilitate movie, game, ice cream and paint nights on Fridays to promote family connection and play”

# REC ROOM PROGRAMMING

In the rec room, your child can expect these activities:

- Free play
- Reading corner
- Outdoor time
- Arts & Crafts
- Video games
- Movies
- Board / Card Games
- Dramatic Play
- Sensory Opportunities
- Card games
- Yoga

## HEALTH & SAFETY

If your child has any of these signs or symptoms:

- Vomiting
- Flu-like symptoms
- Unexplained rash or cough
- Diarrhea
- High fever
- Parasites

...or other symptoms that may compromise the health and safety of other children and caregivers, your child must be symptom free for a minimum of 24 hours before returning to the Rec Room.





## POSITIVE DISCIPLINE IN THE Rec ROOM

**Discipline is a learning opportunity! Your child will learn new strategies and tools to express their feelings and problem solve with our Child & Youth Staff.**

- Use positive language (verbal praise, thumbs-up, high five, fist bump)
- Remind children that, “We share, take turns, cooperate, and listen”
- Use choices, distraction, and problem-solving techniques
- Explain the consequences of a behaviour
- Be a positive role model

### **Child & Youth Staff will not:**

- Use any physical punishment or verbal abuse
- Physically restrain a child
- Will not use a raised voice or assertive language.



If a child poses a risk to another's safety or well-being, the parent will be contacted to either join the child or remove the child from the Rec Room for an agreed period of time.



## STRIVING FOR SUCCESS!

We believe that your success at the shelter will be a joint effort between you and staff working together to create a safe and comfortable environment.

Please speak to a staff member if you have any suggestions on how we can improve.

Parents and guardians are always welcome and encouraged to spend quality time with their children in the rec room.

In our experience potty training is not successful while in shelter, all bathrooming assistance or diaper changes are not provided by staff while parent/guardian is on site and only done during babysitting and two staff will always be present for the safety of the child and the staff"



## VOLUNTEERS

Our shelter is very fortunate to have junior high school students volunteer from September through June. During their orientation, confidentiality forms are signed by each student. All information learned directly or indirectly about your identity, location, background, or circumstances is confidential and must be kept within the organization.

## CONTACT US

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