



Rules & Guidelines for Group Living at The Maternity Home of Living Alternatives also known as Fatherheart.

Definitions:

Guidelines are an outline that are used to encourage the right way to do something. Guidelines, when willingly followed, bring greater personal freedom and liberty.

Rules function as law. Rules are an absolute boundary and may be necessary to promote unity while living together in an unrelated household.

Guidelines that are ignored will become a rule. Rules restrict the freedom of self-determination for one, in order to preserve the freedom of all.

It is the desire of the Living Alternatives Maternity Home to have rules only when absolutely necessary and implement guidelines instead. Guidelines may be negotiable when approached with a right attitude. It is not our desire to be legalistic but rather to lead by example and encouragement.

Required Activities:

Each resident is responsible each day to:

- Make bed
- Pick up clothes
- Personal care: brush hair, shower, and brush teeth
- Keep **closet** clean and neat **DAILY** (use laundry baskets for all dirty clothes)
- Keep bathroom tidy
- General house keeping duties, as designated
- Residents that have not finished high school are required to attend Premier High School or Garden Valley Tutorial on the property (M-F)
- Residents that have finished high school are required to attend School of New Beginnings in the morning (M-F)
- Attend Life Skills classes (M-F)

Each resident is also responsible to attend:

- Sunday morning church
- Sunday evening community service at Youth With A Mission
- House Meetings: held every Monday after Life Skills, unless otherwise communicated.



Additional meetings may be required that educate residents on subjects such as pregnancy, nutrition, parenting, childbirth, preparing for the future, finances, Bible studies, and /or those that are designed to bring unity or relationship among the residents.

Daily Routine:

Monday – Friday

8:00 – 12:15	School <i>or</i>
9:30 – 12:15	School of New Beginnings
12:30	Lunch
1:00	Meal chore
1:15	House chore
2:00 – 3:30	Life Skills class: This class includes pregnancy, childbirth classes, nutrition, parenting & adoption information, newborn care, character development, and relationships
3:30 – 4:30	Rest and homework
4:30	Dinner prep
5:30	Dinner
6:00	Meal chores
7:00	Evening activities will vary

Morning activities start at different times, residents must be up in time to be ready for daily activities. All residents should be up, have their bed made, room clean, prepared themselves, and have eaten breakfast **before** morning activities begin. Residents enrolled in school or working on their GED need to be downstairs at 7:30am most weekday mornings. Residents that have completed school need to be downstairs at 8:00am most weekday mornings. If the schedule changes, the Fatherheart staff will inform the residents the night before.

Sunday through Thursday all residents must be upstairs at 10:00 p.m. LIGHTS OUT in the bedrooms is at 11:00 p.m. Quiet time in the house is from 10:00 p.m. to 7:00 a.m. Friday and Saturday evenings the curfew will be 11:00pm.

Job Policy:

Residents are not allowed to have an outside job while at Fatherheart because it would conflict with the daily schedule of activities.

Meal & Snacks:

All residents are required to be at the main meal around 5:30 p.m. whether they are hungry or not. This is a family time when the activities of the day and plans for tomorrow will be discussed.

Snack food is available at all times. Residents are free to help themselves, but snacks may not be used to replace regular meals. No snacks should be eaten after 4:00pm on weekdays, until after the dinner meal is completed.

Remember, food may only be eaten on the first floor of the home. NO FOOD, candy or drinks, are permitted



upstairs, ONLY WATER is permitted upstairs unless special arrangements are made with the Fatherheart staff.

Food and drinks are not permitted in the great room (TV room), except for clear drinks and dry foods.

“On Your Own” meals & spillable snacks - please eat at the Kitchen bar or Dining Room table.

If you have special dietary needs or would like to request a specific food item, please feel free to discuss with House Staff. A white board is available outside the Houseparent quarters for special requests.

Bedrooms:

There will be DAILY room checks of the bedrooms to make sure bedrooms are kept neat and tidy. Residents will be called back from school if rooms do not pass inspection.

Residents must change their bed sheets once a week. This is done on Saturday afternoon when the residents are to tidy, clean, and care for their bedroom by the chore card given to that room. This must be completed before the outing for that day.

Often there are visitors touring the house and the bedrooms must remain organized and clean at all times. Bulletin boards are for pictures and posters. Nothing is to be put directly on the walls.

To maintain a standard of health sanitation, food and drinks are not allowed to be eaten or stored in bedrooms or in any upstairs area. Personal cubby buckets are provided, in the laundry room, for the residents' personal food and items.

Room checks or Room searches may be done at anytime staff deems necessary.

Personal Belongings:

There are a few things that can be done to safeguard personal belongings. Unfortunately, periodically there are residents that will take someone else's things. Each resident will have a chest with a combination lock to keep her personal and valuable articles in. Each resident should write her initials in the tags at the back of all her clothes. An inventory of each resident's personal belongings will be made at intake. Any money should be kept in the safe in the office in the designated envelope with the resident's name on it.

Fatherheart values their residents. If anyone is caught stealing, it will be grounds for their immediate dismissal! Should this become a problem, unannounced room checks of everyone's personal storage will be made.

Unannounced room checks may be done at the discretion of Fatherheart staff.

It is recommended that the resident not receive more than \$40 a month for personal items. If there is a reason more than that amount would be necessary, please speak directly to the Fatherheart staff in making those arrangements.



Vehicle Policy:

No personal vehicles are allowed as a resident.

Dress code:

The residents of the maternity home are expected to be modestly attired at all times. Because God created everyone as individuals, it is understood that this will translate into “different strokes for different folks.” However, the following are the guidelines that individual preferences and choices must be made within.

All residents are encouraged to wear comfortable and loose fitting clothing on a daily basis. However, for Sunday morning, clean and nicely pressed clothing is required. Church clothing may be casual (pants are okay) as long as they are neat and appropriate. Underwear is required with all daily attire and must be completely covered at all times. No halter or mid drift tops, no tight jeans or tight shorts or see-through clothing. Shorts and skirts must be modest and must not reveal the buttocks when bending over. Cleavage also must be covered at all times. Tank tops must be 2-3 finger widths or wear a shirt over or under it. No two piece bikini-type bathing suits.

Pajamas and all sleeping attire are to be worn only in the bedrooms. When leaving the bedroom in bedclothes, a robe must be worn at all times. As a general guideline, nightclothes and robes are for the second floor only.

We have a maternity clothes closet with maternity clothes that are available for the residents to borrow while they are living in the home and must be returned upon exit.

Stomachs are not to be exposed and examined outside of the bedroom areas.

The Fatherheart staff will make the final determination as to whether a resident’s clothing is appropriate or not. If in doubt, please ask.

Communication:

Swearing and vulgar language will not be tolerated in any part of the maternity home facility or property.

Residents are encouraged to be positive at all times. When a question or problem arises, please go one on one to resolve the issue and then ask for assistance if that does NOT resolve the conflict. The Fatherheart staff is available. If these 2 steps do not resolve the conflict, a house meeting will be called to address the problems.

Speech and communication should be honoring and uplifting. Although every household will have conflict, conflict is for the purpose of resolution, not wounding. Residents are expected to approach conflict with this goal in mind and if there is a need for help, they should bring a staff person in to help bring resolution. Conflict resolution is a skill that can be learned. Please ask for help.



Personal computers are not allowed. Computers will be available for supervised use for learning opportunities. Personal internet usage will be determined on an individual basis unless a minor does not have their guardian or parents permission to use the internet.

Telephone Usage:

DESIGNATED PHONE TIMES are in the evenings, beginning after dinner until 9:00pm. All outgoing phone calls should be reserved for designated phone times, unless it's an emergency and has been approved by the Fatherheart staff.

CELL PHONES are permitted during these times only and must be returned to staff outside of designated phone hours.

CALLING CARDS will be provided and used for long distance phone calls. However, if a call is expected to last longer than 20 minutes, please have the person call back on the house phone. Please be respectful of others in the house that may need the phone and do not keep both lines tied up all evening. Should this become a problem, we will reevaluate limiting call times. If you consistently use the cards for longer calls, you can purchase your own with baby bucks.

INCOMING CALLS should be answered by the house staff, unless it's an immediate returned call. Even when answering those calls, please do so with respect and say "Fatherheart, this is (name)." Incoming calls from family are allowed outside of phone hours, if the resident is not involved in a planned activity.

PHONE AREAS are limited to the dining room, sitting room, and front entry way. At no time, should the phones be used upstairs or outside. This includes cell phones.

Telephone contact with *BIRTHFATHERS* will be made on an individual basis. The father's role is valued, but we also want to protect each young woman, as we believe she is to be treated with honor and respect.

In *EMERGENCY* situations we will always allow residents to use a house phone.

Entertainment:

TV is not to be turned on until 4:00 p.m. and must be turned off at 10:00 p.m., except for the weekends. Please use discretion while choosing TV programs. The TV is a community entertainment center and programs need to be in good taste for the viewing pleasure of all residents, and in accordance with the goals and objectives of the maternity home. Fatherheart staff have the final decision to determine any program's appropriateness. If in doubt, ask.

A large selection of movies are available to "check out" for viewing.

CD players with personal headphones and a library of music for the residents to choose from, are available while they are here. Ipods/MP3 player are not to be brought to the home.

The Fatherheart staff will confiscate any inappropriate music or materials and will return them to the resident at their departure.



Smoking:

Smoking is not prohibited but is highly discouraged, as it is extremely harmful to the health of the mother and to her unborn baby. Therefore, all smoking may only be done behind the maintenance building outside. Lighting of cigarettes on the walk to the maintenance building IS NOT PERMITTED. This is NOT a communal smoking area, only one person/one cigarette at a time in this area. Cigarettes must be checked in with the house staff.

Drugs and Alcohol:

Drug and alcohol use is prohibited while in residence at the maternity home. Possession of such will result in immediate dismissal.

Permission to Leave Property:

Arrangements to take a resident off the property must be made 24 hours in advance. The parent or legal guardian must contact the home to make these arrangements. Permission must be given by the Fatherheart staff before the resident leaves the property. Residents may NOT leave the property with the birthfather of the baby unless accompanied by her legal guardian or arrangements have been made and approved by the Fatherheart staff. Residents are permitted to leave the campus for a day with approved guest only *one day a week*.

Overnight Visits Away From The Home:

Overnight visits with family members are allowed and the parent or guardian must make arrangements with the Fatherheart staff 24 hours in advance. This privilege will depend on the effects of the visit on the resident and her progress in the program, as well as safety issues. It will be decided on an individual basis. All residents who go away on weekend visits **must return by 5:00pm Sunday afternoon**, or special arrangements need to be made.

All bags, purses, and other belongs are to be left in the office for the staff to check all contents before taking them to the resident's room.

Overnight visits must be approved 24 hours in advance by the Fatherheart staff. (Unexpected situations will be evaluated on an individual basis.)

Guests Visiting At the Home:

Friends and family are welcome to visit. Please check with the Fatherheart staff before inviting your guest over. Families are always welcome, but all guests, including family need to make arrangements 24 hours before the visit. This arrangement is to be made directly by the visitor with Fatherheart staff.

Birthfather/Boyfriend Policy:

Birthfathers are required to follow the same visitation procedure as above. Arrangements must be made with Fatherheart staff. Each situation will be evaluated on an individual basis. Visits with birthfather can take place only in an open, public area. There is to be NO PHYSICAL CONTACT, and they may not leave the property with the resident unless accompanied by their legal guardian or parent or other approved adults. Dating is not



permitted while in residency at the home. Boyfriends that are unrelated to the pregnancy are not permitted to visit or call the resident. To visit a resident, the birthfather must have an initial visit with the Fatherheart staff to be introduced to the program and all guidelines covered.

Only the birthfather can visit the resident. Boyfriends, if not the birthfather, cannot visit or call.

Birthfathers may join the resident on doctor's appointments (with prior arrangements), but can not be in the exam room. Birthfathers are welcome to be a part of the labor process, but will NOT be permitted in room during exams or at time of delivery.

Gifts & Mail:

Gifts and mail may be sent to the maternity home address. Mail and gifts are considered confidential and will not be screened or opened by anyone other than the addressee. If there is reason to believe that contraband of some type is being sent through the mail, a resident may be required to open her mail in the presence of the Fatherheart staff.

Departure:

As the time nears for the birth of the baby, it is expected that the resident will begin preparing herself, her belongings, and her room for leaving the maternity home.

All personal belongings must go with residents upon departure. Any belongings that are left behind without making special arrangements with the Fatherheart staff, will be considered not wanted by the resident and will be discarded or given away. Any clothes taken from the maternity closet must be returned to the closet.

On the day of departure a staff person will assist the resident with packing, making sure all her personal items go with her. The resident will be permitted to take only the items on her inventory sheet and the ones added to her sheet while she is at Fatherheart.

All residents must be released to parents or legal guardian if under 18 years old. The Fatherheart staff must approve any other arrangements. **Parent and guardian signatures will be required on DC sheets and school withdrawal forms if under 18 years old.**

Hospital Overnight Stays:

Only the guardian or parent may stay overnight with any resident under 18 yr. old at the hospital unless other arrangements have been approved by the houseparent. A Fatherheart staff will be available to stay if the guardian or parent is not available or **if we deem it necessary**. The Fatherheart staff will be the liaison between resident family and hospital personnel. Blocking the Fatherheart staff from visits of resident, obtaining medical information, blocking calls, or visits of the baby will **NOT** be acceptable. It will be conditions for immediate termination from the Fatherheart program. Should that occur, the resident and family would be **completely responsible** for any further needs or transactions of the resident.



Medical and Personal Information:

All medical arrangements (doctor's appointments, dentist, optometrist, etc) and special concerns are to be made by staff. Medication will be administered by the staff and be kept in the medication closet. Any medical or personal information regarding the resident or baby will be given **ONLY** to the guardian or parent **by our staff** unless written authorized permission is signed by the parent or guardian. The resident will have the choice to share information as she chooses to. All bills incurred that are not covered by insurance, Medicaid, or other resources are the responsibility of the resident and/or her guardian.

