

## RULES OF CONDUCT



Dear Moms, Dads, and Grandparents!

We kindly ask you to familiarize yourself with the general Rules for visiting Childhood Development Program Jo.Ha.Ku® Classes. By paying for membership for the first time, you confirm that you agree with the rules of our Club and are ready to follow them.

1. You may choose and attend 1 trial lesson free of charge at any time during the Childhood Development Program Jo.Ha.Ku®.
2. Classes for children from 6 to 36 months are held exclusively together with parents or their substitutes. An unfamiliar environment and the behavior of other children can cause a variety of reactions in a new learner. Remember that the lesson cannot be held without your active participation, as close ones make the standard of behavior and create a sense of safety.
3. A parent or his/her substitute attending the Club fully accepts responsibility for the state of his health and the state of health of his/her minor (underage) children attending the Club and confirms that neither heshe nor his/her minor (underage) children have medical contraindications for physical activities, including mobile ones. An adult is responsible for the health and safety of his/her child before, during, and after class.
4. Bring the kids to our club healthy. We kindly ask you to refrain from visiting the club if the child him/herself or the adult accompanying him/her has acute respiratory infections, acute respiratory viral infections or other infectious diseases in the infectious phase, gastrointestinal ailments, fever, rash, etc. Please demonstrate respect for other children - it will be unpleasant for you if someone else's child sneezes or coughs on your baby. If a child or an adult has remaining symptoms of a disease or running nose caused by an allergy, comment on this at the beginning of the session, removing any suspicions in your direction from other participants of the educational process.
5. The trainer of the Jo.Ha.Ku® Program, leading the group classes, is not a pediatrician or a physical therapist, but a teacher, a specialist in the early physical development of children, who has passed the appropriate specialized training and certification. In cases when there may be a concern about certain pathologies of the child's development or problems with his/her health, the trainer may recommend the parent to contact an appropriate specialist.
6. The club reserves the right to substitute the declared teacher for the time of his/her illness or necessary absence.
7. In the event of any changes in the Club's work, the administration undertakes to notify each client in advance, subject to the availability of his/her means of communication.
8. On public holidays and during winter and summer holidays, the Club works according to a special schedule, which we inform about in advance on our Facebook page and the Club's information stands.
9. In some classes, we may take a photo or video shooting to use the materials to promote the Program. We will inform parents in advance about the such photo or video sessions.
10. It is better to come to classes no later than 5-10 minutes before the beginning, to avoid rushing and transmitting by chance some excitement to your baby. Remember that for him/her these are the first important steps of adaptation to new people, places, and children's groups. Do not be late, as it distracts other children, but do not come too early, otherwise, your child will get tired, and his/her cognitive activity will be reduced.
11. The first two or three classes of each cycle of the Program are introductory, more attention is paid to information modules for parents, while children adapt.
12. You and the child must wear clothing that is suitable for active participation in the lesson, with the ability to expose the baby's hands and feet. Throughout the entire soft area of the Club, the child and the adult should be wearing home shoes or socks.
13. The administration of the Club asks you not to stay too long in the room after the end of the lesson, as there is a schedule of classes and strict regulations for airing and premises. Respect the time of the teacher.
14. If possible, avoid using your mobile phones during classes. Please switch off the phones or put them in silent mode. We are not distracted by non-relevant conversations in order not to distract children from classes.
15. Do not worry if the child does not fulfill the requirements of the teacher or does not quite correctly make movements in the first lessons. One-year-old babies need 2-3 weeks to adapt. Even passive observation of group mates will give benefit the child.
16. The Jo.Ha.Ku® Program is inclusive. The participation of children with special needs is permitted and encouraged to the extent that it is known that doctors have allowed physical activity to this child. Our classes are not therapeutic but will always contribute to the socialization of any baby.

17. We are pleased when you come to our Club in a good mood. This is passed on to your children and our employees increase the efficiency of classes. We respect each other and give equally important attention to all participants in our classes.

Please carefully follow these Rules. We worked out them to make your children feel comfortable and safe with us.

General recommendations for Early Childhood Development Program Jo.Ha.Ku® classes

- Do not feed your baby 30 minutes before the class.
- We leave personal toys and food in our bags or locker room. They can be used after class.
- We have with us spare clothes and spare diapers, a dummy, and a bottle of water for the baby.
- We do not wear strong perfumes.
- We try to remove from use the wordplay and any imitation of baby talk. We explain to the child what we are doing together, describing a specific task. For example, take, pull, squeeze, lie on your stomach, throw the ball, etc.
- We name the inventory strictly according to the list of equipment horizontal bar, gladiator mesh, cube, yoga-wheel, scooter, etc.
- We try to replace good boy/girl with the phrase you did it well, I like it how you did it, expressing your feelings, and not evaluating the child. This is a bookmark for further action.
- If there is a problem with remembering names, that's okay. When contacting, we clarify with adults their names and the names of their children. If possible, we address by name, not aunt, uncle, boy, etc.
- If the child screams, does not calm down, or is aggressive – help him/her to calm down outside the room where the lesson takes place.
- We leave the activity area if the child is on the BF and requires feeding during the lesson. Otherwise, the view of other babies being fed may provoke a wish to have a bite in all other children.
- Do not hesitate to ask a teacher any questions regarding activities or make suggestions. But we do it in a quiet voice, without disturbing the concentration of the working children.
- During relaxing exercises, we do not make the child lie down and remain silent, but we give an example of expected behavior we demonstrate closed eyes and complete stillness. In any exercises, we try to become an example for the child and create an atmosphere of love and calmness.

Jo.Ha.Ku.