

# **Family Guidelines**

## **Saint Gianna's Maternity Home**

These are the Family Guidelines which will help you to understand the rules and policies of Saint Gianna's Maternity Home (SGMH). We live here as a family with rules and disciplines, just as there are in most families today. To foster a family environment, we do things as a family and ask all residents to participate in the activities and programs of the home. If you have any questions about the rules, please talk to the Director/Housemother.

### **SCHEDULE**

- Residents who are not in school must be awake, out of bed, dressed and in the kitchen having breakfast by 9 AM. Sleeping in may be allowed on weekends as determined by the staff.
- Residents must be in their own rooms by 11:00pm.

### **MEALS**

- We eat the noon and evening meals together as a family.
- Each resident should participate in the preparation and clean-up of the meal as directed by the housemother on duty.
- All residents are expected to help with setting the table, clearing it, washing, drying, and putting away dishes, and sweeping the floor after each meal.

### **HOUSEKEEPING**

- Each resident is expected to keep their bedroom neat and orderly and is responsible for the washing of their own laundry.
- The bathroom shared by the residents should be kept clean and neat. All residents will share the task of deep cleaning the bathroom and the resident floor on a weekly basis.
- We ask that the residents share in the cleaning of the rest of the home as needed. If there is a project to work on, everyone works on it together until it is complete.
- Residents must maintain good personal hygiene.

### **MEDICAL CONSIDERATIONS**

- Alcohol and drugs are strictly prohibited.
- Residents should report any prescription drugs to the staff.

### **SCHOOL**

- Residents who have not completed high school will attend school or work towards her high school equivalency test (GED).
- Residents are allowed to participate in school-sponsored activities according to her interests and/or physical ability, if her grades are acceptable.

### **TELEPHONE**

- Residents are not permitted to have cell phones, but are allowed to talk on the home's telephone for 15 minutes per day initially.

## **TELEVISION, MOVIES, BOOKS, AND MUSIC**

- Television programs, movies, books, and magazines that are sexually explicit or violent are not permitted in the home.
- Music may not be distasteful, sexually explicit, obscene, offensive, or violent.
- Because the goal of SGMH is to create a family atmosphere, television and movie viewing are done on a limited basis and should be approved by the staff member on duty.

## **COMPUTER/INTERNET**

- Residents are given one hour of computer and internet use per day. Exceptions can be obtained from the staff for school purposes.
- Residents cannot participate in any chat rooms or other on-line discussion groups (including Facebook).
- Residents are not allowed to e-mail sexually explicit or offensive subject material or view any material that is sexually explicit, violent, or offensive. The staff has the ability to review the internet sites viewed and can monitor sites and email use.

## **DRESS CODE**

- All residents should dress modestly and appropriately. Skirts and shorts must be an appropriate length and necklines must not be low cut. Spaghetti strap shirts and tank tops are not allowed. Staff members can answer any questions regarding modest attire.
- Appropriate dress clothes should be worn for religious services and special events.
- Nightclothes may not be worn in the public areas of the home (the bottom two floors).
- Any facial piercings must be removed with the exception of earrings.

## **RELIGION**

- We attend Mass together every Sunday and say grace together before every meal.
- Night prayer is said together every evening with the staff member on duty.
- Residents must participate in any special events of the home.