

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. If you have any questions about the rules, please talk to the Resident Director.

GENERAL

1. Residents are expected to attend and fully participate in all programs, activities and classes.
2. All residents must be awake, out of bed, dressed and in the kitchen having breakfast by 9 AM.
3. Following breakfast, residents will start their morning chores and/or studies.
4. All residents are expected to attend the noon and evening meals with on-duty staff. We eat meals together as a family. Each resident will be assigned duties with meal planning, preparation, and clean up.
5. Residents must be in their rooms with lights out by 11:00 PM unless special permission is given.
6. Nightclothes are to worn on the sleeping floors only.
7. Bathe and/or shower daily.
8. Lying will not be tolerated.
9. If rules are not followed, residents will lose telephone, computer, and/or other privileges to be determined by the Resident Director.

HOUSEKEEPING

1. All residents will participate in the daily tasks of housekeeping, laundry, dishwashing, sweeping, etc. at the Home.
2. 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.
3. Beds will be made daily and bedrooms must be kept neat and orderly.
4. All residents will do their own laundry, including towels and bedding.
5. Bathrooms must be kept clean and neat at all times. Each woman will be assigned a drawer in the bathroom for her personal toiletries.
6. On a weekly basis, each resident must wash her bed sheets, sweep/vacuum and dust her bedroom, and assist with "deep cleaning" of bathrooms.

MEDICAL CONSIDERATIONS

1. Use of alcohol and/or drugs is strictly prohibited. If a resident uses alcohol and/or drugs, she will be asked to leave the Home IMMEDIATELY. All non-prescription drugs will be monitored by the staff.
2. Smoking is not allowed in the Home.
3. A pregnancy test will be administered upon admission to the Home.
4. All residents will go to their doctors' appointments and follow all medical recommendations.

VISITATION (see visitation policy for more details)

1. Permission must be obtained from the Resident Director at least 24 hours prior to a visitor coming to the Home.
2. All visits will take place in the Sacred Heart Parlor on the main floor. Visitors are not allowed in the sleeping areas.
3. Residents will not be allowed to go out with friends or relatives including parents, without approval from the Resident Director.
4. When gone on overnight visits, the resident must provide contact information. Residents are to inform staff of any change of plans.

SCHOOL

1. If a resident has not graduated from high school, she will attend school or study towards her high school equivalency test (GED).
2. A resident will be allowed to participate in any school-sponsored activities according to her interests and/or physical ability, if her grades are average or above.

TELEPHONE

1. A resident will be allowed to talk on the telephone for **fifteen (15) minutes per day**. This includes incoming and outgoing calls. If a resident abuses the telephone policy, she will lose her telephone privileges.
2. Residents must ask for permission to make **ALL** telephone calls.
3. Residents are not to answer the phone on incoming calls unless special permission is given.
4. No phone calls shall be made into or out of the Home after 10:00 p.m.
5. Collect calls will not be accepted unless special permission is given.
6. Long distance calls require the permission of the Resident Director.
7. Residents may not have cellphones or personal landline phones.

TELEVISION, TAPE PLAYERS, RADIOS, STEREOS, BOOKS, MAGAZINES

1. Televisions and VCRs are available to the residents in the common areas of the Home.
2. Because the goal of BGMH is to create a family, and especially for mothers and children to bond with one another, television viewing is not considered to be of vital importance. Talk shows and soap operas are not appropriate TV watching at the Home.
3. TV shows and VCR/DVD movies will be monitored for content to ensure the programs are content appropriate. Sexually explicit or violent shows and movies are not allowed. No movies with a rating higher than PG-13 may be shown. The Resident Director has the final decision concerning whether a movie is appropriate.
4. Television is only allowed after chores have been completed.
5. TV's are not allowed in resident's bedrooms.
6. Music will be reviewed and monitored by Resident Director. Music may not be distasteful, sexually explicit, obscene, offensive, or violent. The Resident Director will confiscate any inappropriate music or material.
7. No magazines or books containing sexually explicit material are allowed.

COMPUTER/INTERNET POLICY

1. Computers are available in the classroom for use by residents at designated times. Residents are allowed to use the computer for e-mail and internet use for a **maximum of one hour per day**. Exceptions to this time limit must be cleared by the Resident Director. The internet connecting cords are obtained from the staff.
2. Residents are allowed to access the internet, but may not view any material that is sexually explicit, violent, or offensive. **A computer filter is installed on the computer system.**
3. Residents cannot participate in any chat rooms or other on-line discussion groups. Residents are not allowed to e-mail sexually explicit or offensive subject material. **The Resident Director has the ability to review the Internet sites viewed and will monitor sites on a regular basis as well as e-mail use. If abuses are found, a resident will lose her computer privileges.**

DRESS CODE

1. Modesty in dress is of utmost importance at all times.
2. When out in public, the length of shorts or skirts must be to the fingertips or longer with arms extended. Necklines must be no deeper than four finger widths from the notch between the collarbones (no cleavage showing). No skin around the waistline showing. If a top has spaghetti straps, a shirt/blouse must be worn over it in public. Otherwise, straps on tops must be at least 1".
3. All facial piercing jewelry must be removed during the day. It may be reinserted at bedtime in resident's room. Earrings are acceptable.

RELIGION

1. All residents will attend Mass or their preferred religious service each Sunday.
2. All residents are encouraged and invited to attend daily Mass in the Chapel (optional).
3. Grace will be said together before each meal.
4. There will be daily prayer in the Chapel at 9:00 PM (variable time) either individually or as a group for all residents (to be determined by the Resident Director).

Signature of Resident

Date

Staff Member's Signature

Date

Updated 8-14-09