

# University Park Mothers Club

## MEMBERSHIP INFORMATION FORM

In order to update our UPMC roster, please complete the following:

Member Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_ Number of years at  
Children & Birthdates: \_\_\_\_\_ Present address: \_\_\_\_\_  
Month/day/year \_\_\_\_\_

**The following agreement MUST BE SIGNED in order to maintain membership:**

### UNIVERSITY PARK MOTHERS CLUB WAIVER/RELEASE/INDEMNITY AGREEMENT

#### **Intent & Purpose**

The purpose of this agreement is to allow me to participate in the functions and activities of the University Park Mothers Club (UPMC).

#### **Waiver/Release/Indemnity**

I understand that the UPMC requires me to be responsible for the safety and conduct of myself, my family members, and my guests, while participating in all UPMC activities. I also understand that the UPMC requires all other members to be similarly responsible for themselves, their families and their guests. I therefore make the following agreements:

- I release the UPMC from any obligations or duty of care owed to me, or to any individuals for whom I am responsible;
- I waive any and all liabilities or claims I may have or individuals for whom I am responsible may have, against the UPMC for personal injuries or property damages arising out of our participation in UPMC functions or activities connected to the UPMC, including liability for the negligence of the UPMC, its Executive Board, coordinators, sponsors, representatives, or members;
- I agree to indemnify the UPMC for any and all liabilities and claims arising from my own conduct or negligence, or the conduct and negligence of individuals for whom I am responsible;
- I accept that my participation in any UPMC function will be voluntary and I assume all risks related to my participation and activities connected with the UPMC, and all such risks to individuals for whom I am responsible.

#### **No Warranties**

I acknowledge that the UPMC makes no warranties regarding insurance coverage for any member, participant, host, sponsor, or facilities connected with UPMC activities and functions.

#### **Term**

I agree that this release shall be effective as long as I participate in activities connected to the University Park Mothers Club, regardless of membership.

\_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

# University Park Mothers Club

## Membership Information Form

Name \_\_\_\_\_

Birth Date (month/day) \_\_\_\_\_

Spouse's Name \_\_\_\_\_

If pregnant, when are you due? \_\_\_\_\_

Do you work **full time** or **part time (please circle)**?

Which facets of the Club are most important to you?

\_\_\_\_\_

\_\_\_\_\_

Can you suggest some activities/outings for the Club?

\_\_\_\_\_

\_\_\_\_\_

Would you be interested in coordinating or helping with UPMC events (for example: mom's night out, holiday events, monthly meetings)? **YES**      **NO (please circle)**

If yes, which events would be of interest to you (if not listed please add any suggestions)?

\_\_\_\_\_

\_\_\_\_\_

Would you be interested in providing meals for New Mothers as part of our In-A-Pinch program?  
**YES**      **NO (please circle)**

Are you interested in joining or starting a new Playgroup? **YES**      **NO (please circle)** **If YES, please fill out Playgroup information on following pages**

How did you hear about the Club?

\_\_\_\_\_

Membership dues are \$25.00 per year. Makes checks payable to University Park Mothers Club. Returned checks will be subject to a \$5.00 fee.

Please send your dues with this completed form to:  
**University Park Mothers Club**, c/o Maren Scoggins  
2320 S. Madison St., Denver, CO 80210.

If you have any questions, please email our Membership Coordinator at:  
[info@uparkmoms.org](mailto:info@uparkmoms.org)

*Thank you for your ideas and support!*

# UPMC PLAYGROUP SIGN-UP AND INFORMATION FORM

Most Mothers join the University Park Mothers Club to get involved in a playgroup. To help make this a smooth process, please read the following information (both sides).

## 1. PURPOSE

Playgroups usually meet weekly at a designated time and place, for the purpose of providing socialization for the children and some much-needed socialization for the moms. The groups are generally between 6-12 Mothers with children within a six-month age range.

## 2. COMMITMENT

If a playgroup is going to be successful, each member must be committed. Regular attendance is essential in order for the group to work. Playgroups are an important facet of the University Park Mothers Club. Therefore, commitment **also** includes being a paid member of the Club.

## 3. PLAYGROUP RULES

We suggest that each playgroup determine a set of ground rules for themselves. It may be a good idea for the moms to get together one evening without the children to accomplish this. They should anticipate problems that may occur and how they will handle them when they do. Some problem behaviors they can expect are fighting: grabbing, hitting or biting. It would be helpful to discuss: parenting styles, discipline, parent intervention, health issues, or any other issue you think may arise in the group situation. The goal here is to have an open discussion, without judgment, so the group as a whole can make some decisions about how problem situations will be handled before they occur.

## 4. COURTESY

Another important discussion to have is on the subject of courtesy. A few examples:

- Not attending playgroup when a mom or child is ill.
- Direct communication between members. Refraining from gossip.
- Being a courteous guest when meeting in someone's home.
- Letting someone know when you cannot attend.

## 5. PLAYGROUP REPRESENTATIVE

Each playgroup has a Representative. She acts as the liaison between the playgroup and the Playgroup Coordinators (UPMC Board Members), letting the Coordinators know if there are any problems in the group, if the meeting day or time changes, if any of the members leave the group, or if the Representative changes. The Representative is typically the one who makes the playgroups' schedule or informs members of a change in the meeting schedule; however, it is recommended that the scheduling be rotated so that everyone is helping out.

## 6. IN-A-PINCH

The In-A-Pinch program provides meals for those Moms who have had a baby or surgery. Because playgroup members have the most personal contact with their members, they will be called upon first to provide In-A-Pinch meals. This is a volunteer program only. All In-A-Pinch volunteers are eligible for a special raffle for a gift certificate from a local merchant.

## 7. PLAYGROUP PLACEMENT PROCEDURES

Once you complete this form and join the UPMC, the Membership Computer Data person will forward your information to the Playgroup Coordinators. They will try to find a group suitable for you and your child(ren).

based upon the information you give them. The Representative from the group they want to place you in will contact you. The Playgroup Coordinators will contact you:

- If they have questions.
- Once they find an appropriate playgroup for you, and
- To let you know that you should expect a call within a week from the new Playgroup Representative.

This process can take up to a month. Please be patient.

Each playgroup will develop its own personality and style. It will change as the children grow, members get to know each other better, and new moms are added. No one hand-selects the other members of their group. Everyone is placed in a group by the Coordinator according to the children’s ages. If all personalities don’t immediately blend, stick with it for at least 3-4 meetings. You will be teaching your children, by example, how to get along with all kinds of people. As with all facets of the Club, your playgroup experience will depend on what you put into it. At times, new groups must be started and may be small at first. Please be patient and hang in there while your group grows.

Even with the best of preparations, problems or misunderstandings can arise. If this happens, it can be helpful to look upon them as a group or a “we” problem rather than that of a particular mom or child. In this way, solutions can be found without anyone feeling overburdened or picked on.

Remember the main purpose of the playgroup and the Club is to provide moms with support and to have fun together! There is some work involved in the beginning but it will be worth it in the long run. After a short adjustment period, members are usually happy with their playgroups. If you have any problems, questions, or suggestions, feel free to contact the Club’s Playgroup Coordinators.

Please list below the children you want placed in a playgroup, along with their birth dates and days that you and your children are available.

CHILD’S NAME	DATE OF BIRTH	DAYS AVAILABLE (M, T, W, TH or F)

Are you interested in being a Playgroup Representative? \_\_\_\_\_

Your name \_\_\_\_\_

Telephone number \_\_\_\_ (\_\_\_\_) \_\_\_\_\_

E-mail address (only used for UPMC communication) \_\_\_\_\_

Please sign below to acknowledge that you have read the PLAYGROUP SIGN-UP AND INFORMATION FORM and date below. A blank copy of this form will be included in your New Member packet.

\_\_\_\_\_  
Your signature Date

# University Park Mothers Club Member Profile

<b>Name</b>	
<b>Home Phone</b>	
<b>Cell Phone</b>	
<b>E-Mail</b>	
<b>Address</b>	
<b>Birthday</b>	
<b>Child(ren) / Birthdates</b>	
<b>Spouse</b>	
<b>Playgroup</b>	
<b>Hometown</b>	
<b>Alma Mater</b>	
<b>Former or Current Occupation(s)</b>	
<b>Skills &amp; Interests</b>	
<b>Favorite Book</b>	
<b>Pediatrician</b>	
<b>Child's School / PDO</b>	
<b>Spouse's Occupation</b>	