

Camper Parents Guide



Talking about Camp

- Before signing up talk to your camper – she'll be able to help you decide if she's ready or not and take the "Are You Ready for Camp?" quiz.
- Shortly before camp remind your camper about the benefits of going away to camp- she will meet new friends and try new activities.
- Stay positive, your attitude shows your camper how she should react. Don't stress how much you are going to miss her, it will make her feel bad for wanting to go and she may hold herself back from having fun while at camp.
- When the big day arrives, say goodbye to your camper cheerfully, the less tears for everyone the better. It will be difficult for you as parents, but if she sees you crying it will cause her to be fearful of her new situation.

Making New Friends

- Tell your camper not to be afraid to introduce herself. Other campers are probably just as shy to start a conversation. Role play and practice at home!
- Remind campers to keep an open mind and don't judge others. Give others a chance, the same chance that you deserve.
 - Tell your camper to stay involved, even if she is having a bad day, And to talk to her counselors about how she is feeling!
 - Remind campers to have a friendly attitude. Smiles go miles! The more approachable you are the more others will talk to you.



Home-sickness & Camp-sickness

- You can decide to discuss home-sickness with your camper or not. If you do make sure it's in a positive light. Tell her that those feelings are entirely normal, and they will pass. Remind her to tell her counselors how she is feeling and to have fun! As staying involved is the best 'medicine'!
- Telling your camper you will pick them up if things 'get too-hard' will take away a valuable life lesson in perseverance and independence. Let her know that you believe in her and that she needs to trust her counselors and friends to be there for her. If you are worried about how your camper is doing during the week you are always welcome to call the Camp Director.
- After camp, campers often have camp-sickness. This is also entirely normal, as your camper will have friends and places that she must say goodbye to. Even though your camper may be sad to leave, know that she is still excited to see you and her family!

Packing Tips

- Helping your camper pack is a fun activity! Have a special journal, book, or flashlight that is new and just for camp!
- Label *everything* so nothing is accidentally taken or lost. Campers don't always recognize their things.
- It is important to leave electronics such as cell phones, iPods, etc., at home. They take away from the true experience of camp and will prevent your camper from learning independence and trust of other adults. In addition campers know these items are not allowed– packing them is teaching them that some rules are okay to break.

Mail Call

- To help your camper feel connected to her family even though she is away, pre-address and stamp your mail. Send pre-address and seal envelopes so they don't seal themselves in the heat.
- Don't worry if the first letter home begins with sadness; this is no cause for alarm. The letters will become more positive as the week progresses and she makes friends and adapts!
- When writing letters to your camper, don't dwell how much you miss her, keep the letters cheerful and encourage her!

