



### First, is your child ready for overnight camp?

Every child is unique. All children are ready at different stages of development. Here are a few questions to think about to help you make your decision:

- Has your child attended any day camp programs or participated in team sports?
- Has your child spent at least a night or more away from their family successfully?
- What is your child's level of independence and responsibility? Can they brush their teeth, dress themselves and get ready for their day with minimal guidance?
- How easily does your child make friends? How easily does your child get along with peers?
- Is your child comfortable expressing to adults his or her needs and concerns?
- Is your child interested in being with a new group of children?
- Does your child get anxious when talking about going away from home?
- Does your child seem excited by overnight camp?
- Does your child seem interested in the camp activities that we offer?
- Are you ready for them to go away to camp?

Spending the night away from home and parents is a significant milestone and rite of passage that is important for children to achieve. Camp is a perfect environment to do this! We recognize, however, that some campers will struggle with feelings of homesickness from time to time.

**First, please do not promise your camper that if he/she does not wish to stay at camp that he/she can call you and you will come immediately to pick him/her up and bring him/her home. By making such a promise, the message is sent that you believe that your camper is unable to achieve this very important goal and their focus will be on going home rather than enjoying camp.**

**Second, take the time to talk about camp with your camper and what he/she can expect during their time with us. Talk about the daily schedule, food offerings, programs, and extra activities. A visit to camp prior to their week would be a good experience to help prepare for his/her upcoming week away from home. Familiarity with camp will increase his/her comfort level and decrease the chance of her becoming homesick. We offer several Open Houses leading into the camp season.**

**Third, send a few familiar objects with your camper such as a favorite blanket, pillow, or stuffed animal. This will certainly make your child more comfortable while at camp. In our experience, campers display more signs of homesickness at night when they are tired and not as busy. Keeping the bedtime routine as similar to home as possible by sending these objects could be the key to a successful week at camp for your camper.**

**Staff members are trained in how to communicate effectively with children who are struggling with homesickness and will do everything in their power to make your camper comfortable and happy. If our efforts do not appear to alleviate these symptoms, the Camp Director will determine whether we need to contact you to see how you want us to proceed. We will make late night phone calls to parents only in instances of physical illness. Refunds for homesickness are not issued.**