

# Setting Your Kids Up for Success at Camp

We help our kids prepare for so many things. We need to add camp to the list of things we help them prepare for.

## You can help now by planning for camp with your child:

- Talk about camp (even more than you think you need to)
- Look at pictures of camp, watch videos, follow them on social media
- Read the new camper information on the website
- Create a bedtime routine that is similar to camp's (see the website)
- Talk to other families that sent their kids to camp
- And lastly, practice sleep aways

## What you can do to help your child be successful at camp:

- Reassure them: it is okay to miss home, you can have fun too
- Stay positive: list the exciting things about camp, remind them you are excited for them to go to camp and have fun
- DO NOT tell them you miss them (or anyone else misses them) before they leave for camp or in a letter.
- DO NOT tell them the fun things you are doing while they are gone (do not tell them before they leave for camp or in a letter)
- DO NOT tell them you will pick them up (under any circumstances)  
Kids will only remember this and focus on when you will come get them. It impedes anything camp can do to help the kids be successful

## If your camper is worried about missing home make a plan now:

- Pack a favorite stuffie to hold when they miss home
- Send them with a few printed family pictures
- Write them a few encouraging letters and put them in their trunk.  
They can open these any time they are missing you
- Send them with the tools to write you a letter
- Send your camper with a comfort item to hold (a sweatshirt, a pillow, something of yours that your camper can connect to you)

## Important things to remember:

Loving our kids does not mean we protect them from feeling uncomfortable.

It means we prepare them the best we can and then let them learn and grow.

It is okay for our kids to work through difficult and new feelings.

Learning to do so will help build confidence and resilience

