



Prepare for Camp together

Decisions about camp should be a joint venture, keeping in mind your child's maturity and desires. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve, the more comfortable he/she will feel being at camp.

Talk about concerns.

As we get closer to the date of departure, some children experience uneasiness about going away. Encourage your child to talk about these and communicate confidence in his/her ability to handle being away from home.

First Time at Camp?

Talking with Your Child

Sending your child away to camp for the first time is a major milestone for most families, one that is often marked by excitement, anticipation, and perhaps even some anxiety. Though camp is certainly about making friends and having fun, it is also about being on your own and being a part of a community. One of the most important things you as a parent can do to help prepare your child for both these aspects of camp is to talk with him/her about it before he/she goes.

Have realistic expectations.

Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs he/she may experience. Your child should not feel pressured to succeed at camp, either. The main purpose of camp is to relax and have fun!