

Tips for Preventing Homesickness

Sending your child to camp for the first time (or the fifth) can be nerve-racking! You're worried about them being away from home for so long and about them being homesick. Fortunately there are a few things you can do before arriving to help.

- Remember homesickness is normal! Most people have experienced homesickness at one time or another. Dealing with homesickness can help develop great coping skills.
- Be positive! Tell your child how excited you are for them, expect them to succeed not to fail. If you're negative and anxious they'll pick up on that and become negative and anxious.
- Don't promise to bail them out if they "don't like it". One night of homesickness won't ruin the whole week at camp. They'll learn and grow a lot from this experience.
- Practice being away from home prior to coming to camp. Have sleepovers at a friend's or relative's house to get used to being away.
- Role play some experiences they may have at camp like using a flashlight to get to the bathroom.
- Get them involved in preparing for camp. Help pick out camping supplies they need and packing their bags.
- Don't bribe your child, this sends the wrong message.
- Pack a personal item from home like their favorite teddy.
- We highly discourage calls from home. They are having fun and are distracted during the day, talking to someone at home can bring those feelings of homesickness to the forefront causing them to be even more homesick than they were before. If you wish to know how your child is doing the staff will happily talk with you.
- Don't plan any major changes at home while your child is away. Part of the anxiety of homesickness comes from the guilt of leaving family behind and the fear of things changing without them.
- Come visit the camp before hand so they have a level of comfort with their new surroundings. Call the office and we'll set up a tour.

Remember it's only 5 nights away from home your child can do it and so can you.