

KIDSICKNESS

When a child goes to camp for the first time, homesickness is usually the focus. However, sometimes this period of separation is more difficult for parents than it is for the camper. Campers are in a fun, exciting environment. They don't have much time to miss home. They are busy meeting new friends, experiencing great activities, and having the time of their lives. Some parents are at home missing their child, figuring out how to fill time normally spent focused on caring for their child, and perhaps even worrying about how their child is doing at camp. Some parents adjust easily to having their child away, while others struggle with sadness or anxiety while their child is at camp. Here are a few tips:

KEEP IN TOUCH

One special and unique thing about camp is that it is one of the only places where children and parents exchange hand-written letters. Let friends and relatives know your camper's address at camp, so they can send mail too.

REMEMBER THE BENEFITS

"A ship in harbor is safe, but that is not what ships are built for." – John A. Shedd

Remembering the many benefits your child will gain from the camp experience will make the separation easier and remind you of the gift you are giving your child by allowing them to have this experience:

- Independence: the chance to build confidence in their ability to be away from parents
- Break from technology: the opportunity to live technology-free and focus on building face-to-face relationship skills
- Fun & relaxation: four weeks to just be a kid and enjoy a much-needed break from the stresses of school, social media, competitive sports, and busy schedules
- Friends: new friends made at camp often become lifelong friends.

TAKE CARE OF YOURSELF

Take time to have some quality experiences yourself. It's a great time to do projects, activities, and trips that are not kid focused. You will both gain from this enriching camp experience and both have stories to share when back together.

(Adapted from Audrey Monke's blog called Sunshine Parenting and Mountain Meadow Ranch Summer Camp)