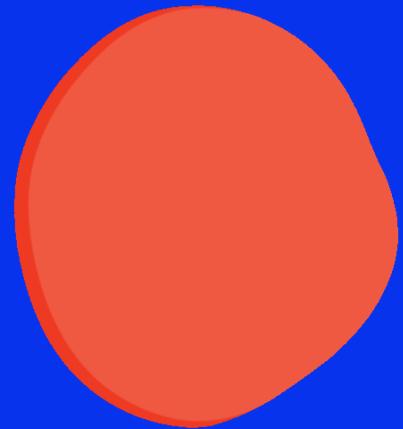


# WELCOME CAMPER PARENTS AND GUARDIANS!

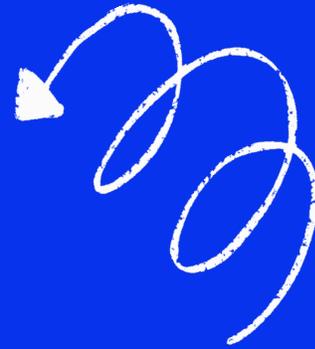
A Camp Northland Tool For  
Summer Camp Parents

\*Special thanks to Daniela Kozlov  
for her brilliant contributions.



HOW TO SEND YOUR KIDS OFF TO CAMP  
WELL PREPARED, EXCITED AND READY  
FOR A GREAT TIME!





## Sending your child to camp?

Don't worry (too much)! Kids often feel less sad than their parents expect. Within minutes of saying goodbye, they start connecting with others. Every child needs time to open up, but camps create a nurturing environment for self-expression. Trust the staff to foster friendships and help your child shine.

## A Camp Northland Tool For Summer Camp Parents



A DAY IN THE LIFE  
AT CAMP

Camp offers a fantastic opportunity for children to explore and learn new things. With its diverse and enriching programs, each camp ensures a vibrant experience.

However, beyond the activities, camp also fosters personal growth by nurturing independence and self-care. Children develop essential life skills as they learn to take care of themselves, fostering a sense of responsibility and self-reliance in a supportive environment.

# A DAY IN THE LIFE AT CAMP

Immerse your child in an extraordinary camp schedule where boredom and worries are minimized. Engrossed in thrilling activities, they'll be captivated by the unique experiences, leaving no time for technology (and less focus on homesickness). Every moment becomes a cherished adventure, where they truly live in the present.



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It is crucial for parents to remain as calm as possible in the weeks and days leading up to camp. Stress at home can be catchy. Ensuring that both parents and children are calm and positive during the pre-camp period is helpful for a smooth transition. By maintaining a relaxed demeanor, parents can help create a supportive environment that fosters their child's excitement and confidence for the camp experience.



**HOW  
PARENTS  
CAN HELP?**

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## Letter Writing

Sending letters can be a meaningful way to support your child during their time at camp. Encourage them to write letters to themselves in advance, filled with motivating and uplifting messages. These letters can serve as a source of comfort when they feel sad or miss home. As parents, you can also send letters ahead of time, knowing that they may take a few days to reach the camp. These letters will be a pleasant surprise for your child, reminding them of how excited you are for them to have the camp experience. The act of receiving and reading letters can help alleviate feelings of homesickness and provide a sense of connection to home...but avoid phrases like 'we miss you terribly' and choose phrases like 'we are so proud of what you are doing'

Dear Mom,  
I was forced to  
write this to eat.  
Love,  
Josh

Dear Dad,  
I miss you alot!!!  
I was wondering if I  
could come home. Plea  
please, I am crying.



# HEALTH & Wellness

FIRST  
RESPONDERS

SOCIAL  
WORKERS

GUIDANCE

DOCTORS

While every camp has its own medical and wellness landscape, your child will be in caring hands during their camp journey. Reassure them they have access to medical care if needed, and that there is a team of adults ready to support and help them should any need arise during their stay at camp.

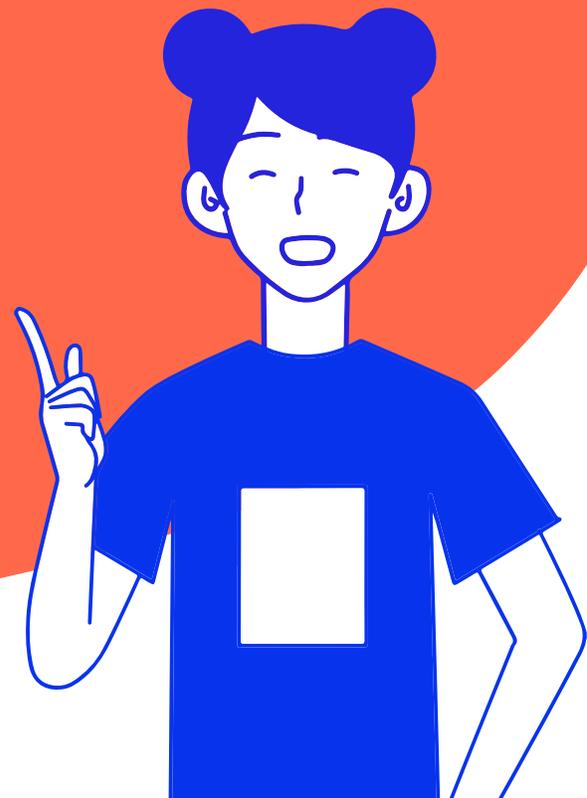
RNS & RPNS

...AND MORE!

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# HELP ME, HELP YOU, HELP YOUR CHILD HAVE THE BEST SUMMER AT CAMP

When completing the health and related forms, it's essential to provide full disclosure of your child's medical, emotional, behavioral, psychological, and social history. Accurate and comprehensive information enables the camp staff to offer proper support and care, ensuring your child's well-being during their camp experience.



## A Camp Northland Tool For Summer Camp Parents

# THE DO'S

**SHARE POSITIVE STORIES  
FROM YOUR OWN CAMP  
EXPERIENCES**

**TELL THEM HOW  
EXCITED YOU ARE FOR  
THEM (RATHER THAN  
SAYING HOW MUCH  
YOU ARE GOING TO  
MISS THEM)**

**TRUST THAT YOUR  
CHILD WILL BE WELL  
CARED FOR**

**EXPLORE THE  
CAMP WORLD  
TOGETHER  
(SHOPPING,  
LABELING,  
WEBSITE, ATTEND  
INFO SESSIONS  
AND ANY  
PROGRAMS)**

**SEND LETTERS  
(UPBEAT AND  
CURIOUS) IN  
ADVANCE**

**KNOWING THAT  
BEING HOMESICK  
IS OK! THEY CAN  
STILL LOVE CAMP**

**TEACH YOUR KIDS  
PROPER SELF-CARE:  
SHOWERING, PACKING,  
PUTTING AWAY DIRTY  
CLOTHES, GENERAL  
HYGIENE, HOW TO  
MAKE THEIR OWN BED,  
FOLDING CLOTHES,  
ETC.**

# THE DON'TS



**Tell them  
how much  
you will miss  
them**

**Forget that it's ok for your  
child to experience ups  
and downs in their day at  
camp (and that they may  
write a letter during a  
"down" time)**

**Make promises you can't keep:**

- **That you will pick them up if they aren't having a good time**
- **That they can call you anytime**
- **That they will be in a certain cabin/with certain people**

**A Camp  
Northland  
Tool For  
Summer  
Camp  
Parents**

# THINGS TO CONSIDER

## Think

Think of camp as a learning experience – for your child as an individual, and for you as parents.

## Listen

Listen to and talk about concerns.

## Have

Have realistic expectations.

## Welcoming Your Child Back Home from Camp

When preparing the home for your child's return from camp it is crucial to provide a familiar environment. Avoid making significant changes to the family's routine or surroundings to prevent additional stress and unease. Instead, allow your child to gradually readjust to familiar rhythms and habits, facilitating a comfortable transition and reconnection with the comforting familiarity of home. This approach supports their emotional well-being after the enriching camp experience. Additionally, make an effort to maintain contact with camp friends throughout the year to strengthen social connections and preserve valuable relationships formed during camp time.





**WHAT CAMP CAN DO FOR YOU**



**Provide a safe environment**

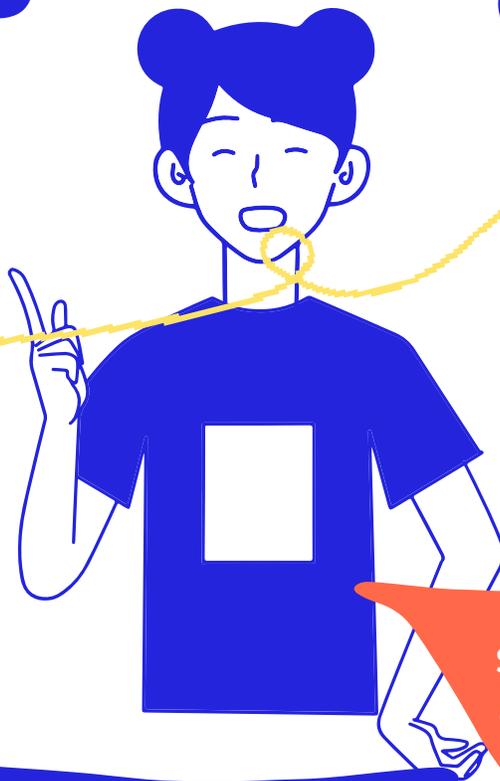
**Teach your kids to be sufficient, responsible and independent**

**Address your concerns, in a proactive and thoughtful way, by trained professionals**

**Teach your child independence, instill confidence and help build friendship for life**



# WHAT YOU CAN DO FOR CAMP



Follow the packing list

Share your insights, worries and suggestions with Head Staff

Provide ALL information about your child's health and well-being (health form)

Emotional, Mental, Physical, Social

Trust that all staff have your child's best interest at the forefront of their thoughts and actions

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**Hey Parents - this short tool is finished, but your child's journey is just getting started. You got this!**