

# How to Help Your Child Have a Great Time at Camp

## -Communicating With Your Child at Camp-

When your child heads off to camp you want to make sure that you help her transition into camp life by communication with your camper. We encourage you to write your camper frequently. At camp, mail is a BIG DEAL! Your camper will enjoy receiving cards, e-mails and packages. Here are some suggestions to help you communicate with your camper.

- **Observe camp policy about phone calls.** Please be familiar with the camp's policy about phone calls. To encourage independence and self-reliance, campers are not permitted to make or receive telephone calls. A call from home might disrupt the settling-in process.
- **Communicate in writing.** Summer camp offers kids and parents the chance to develop a rarely practiced skill -- letter writing. Write as often as you want. Keep in mind that this is your child's connection to home and family.

Practice writing letters before your child leaves for camp. Supply pre-stamped, pre-addressed envelopes and paper to your camper.

Send a note ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example you can say "I am going to miss you, but I know that you will have a good time at camp."

Your letters should be upbeat. It's fine to write that you miss your child, but don't include things like *The house is so quiet without you.*

**Better:** Ask specific questions in your letters about your child's activities... bunk life... friends, etc. This will help her organize her letters home.

- **Packages are appreciated every now and then.** But don't send food -- it's disruptive if some kids in the cabin receive food packages and others receive nothing. Receiving food packages is contrary to camp policy. If your child asks you to sneak food packages, don't. Even if you think the rule is silly, breaking a camp rule might interfere with your child's sense of right and wrong.

**Better:** Send postcards, cartoons, newspaper and magazine articles, comics, game books, puzzles and other items that can be shared with friends.

Tell your child... *I understand that you want snack food, but you have three great meals each day and snacks. I'll send you some comic books. Hope you enjoy them. Why don't you share them with your bunkmates?*