

## Camp Boggy Creek Tips to Minimize Homesickness

- 1) Normalize the experience for your child ahead of time (90% kids at camp feel homesick at some point during camp!)
- (2) Trial-runs (sleepovers are a great place to start!)
- (3) Use/practice strategies like writing letters home. Send your child to camp with preaddressed envelopes and consider mailing a couple of cards to him/her ahead of time so that those first couple of days aren't so lonely.
- (4) Meet other campers ahead of time if possible OR encourage your child's friends to talk about their summer camp experiences
- (5) Use a calendar to count down days until camp; send camper with calendar to count down days until return home (helps child to feel more in control)
- (6) Encourage child to bring something from home (photo of family, stuffed animal) as a security object
- (7) Begin helping your child to identify all the good things that camp will give them; talk to your child about the camp routine and prepare him/her for a fun-packed week! (This oftentimes helps to ease feelings of worry.)

\*EXAMPLE Camp Schedule: Day 4 – Chillin' with the Pride Day

8:30	Breakfast	
9:45	Cabin Cleanup	
10:15-12:20		<b><u>MORNING ROTATION</u></b>
(4 <sup>th</sup> )	<u>Pride</u>	<u>ACTIVITY</u>
	Yellow	Arts and Crafts, Bows & Arrows, Boating & Fishing, Horses, Nature, Theater, Wood Shop, Adventure, Cooking, Discovery
	Zone, Pool, Sports & Rec	
	Blue	*Assigned to activity by pride!
	Green	
	Red	
12:30	Lunch	
3:30-4:00	Aquatic Activity on Cabin Row (WAIT for the SIREN)	
4:30-5:45	Pride Afternoon Activities	
6:00	Dinner	
		<b><u>HALF CAMP SWIM/FC</u></b> (or alternative night time activity, EXAMPLES: Silly Olympics, Dance, Talent Show)
	<u>Pool</u>	<u>Free Choice</u>
7:00-8:00	R & Y	B & G
8:10-9:10	B & G (out at 8:40)	R & Y
9:30	Lights Out (Youngest campers)	
10:30	Lights Out (Oldest campers)	

(8) Encourage your child to share his/her feelings with other people (particularly an adult) once at camp, RATHER than expecting that he/she will be able to call home. *Please note: Camp Boggy Creek does not allow children to call home unless it is viewed as an emergency by staff. Please do not send your child to camp with a cell phone OR the expectation that he/she will be able to call you if things get tough.*

(9) LASTLY, and it may be difficult because you love your child, yet, please try hard not to create a "pick up plan". (set him/her up for a week of success!)