



HOMESICKNESS AT MCC – WHAT PARENTS SHOULD KNOW

Homesickness is **normal** and affects most campers at some level. The good news? **99.5% of MCC campers stay the entire week** and have a great experience!

♥ Why Homesickness Might Happen

- First time away from home
- Sent to camp without choosing to go
- Unrealistic expectations
- Anxiety (from camper or parent)
- Lack of friends or connections at camp
- Changes in routines (especially bedtime), unfamiliar food, or weather
- Homesickness is extremely contagious (especially if one camper goes home)
- Contacting home (including phones) *

*Mobile Phone Policy: Our desire is that campers focus on the program of the camp week while in our care. Cell phones and electronic watches with communication capabilities are not permitted. Bringing these items to camp may be cause for dismissal without refund.

✅ Preventing Homesickness

Help your child feel confident and excited:

- Involve them in the decision to attend camp
 - Practice time away from home (sleepovers, grandparents, etc.)
 - Take a tour if they're nervous!
 - Set clear expectations: **"You'll miss home a little, and that's okay!"**
 - Stay upbeat—avoid saying, "Call me if it's bad."
 - Send tools: journals, letters, Bible verses
 - Don't bribe: "Try a few days and we'll pick you up" sets them up to leave
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🔗 How MCC Helps and Treats Homesickness

- Busy, fun schedule keeps campers engaged
 - Counselors encourage bonding and excitement for upcoming events
 - We treat physical symptoms of homesickness like stomach aches or nausea (i.e. Tums, Gatorade, etc.)
 - No phones allowed—limits emotional setbacks
 - Nighttime calls avoided unless necessary (rest helps!)
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🚨 Major Homesickness Signs

- Constant sadness, anxiety, panic
 - Not eating, playing, or connecting
 - Physically ill or acting out
 - Consuming most of counselor's attention
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📞 If MCC Calls You

If homesickness becomes major, our Camp Director may call. You'll have **3 options**:

1. **Encourage them to stay:** We'll tell your camper that you love them and want them to finish the week. This often works!
 2. **Talk to your camper by phone** (often leads to them going home).
 3. **Pick them up:** You're always welcome to do this. Note: No refunds and they won't be able to return that week.
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💬 Questions?

We're happy to help before camp week begins!

✉ office@campmerriwood.net

📞 336-766-5151

Let's work together to make this summer a great experience for your child!