

Getting your kids ready for camp

Going to camp can be exciting but also stressful, especially if it is your child's first time. Here are a few tips to help them feel prepared:

Stay in touch.

Ask if the camp offers ways to connect with your camper, such as through e-mail or by phone.

Talk to your child.

Let them know that it is okay to be a little worried and to miss home.

Give your child an easy way to reach you. Even self addressed, stamped postcards can help them feel connected.

Be encouraging! Instead of expressing how much you will miss them, stress how much fun they are going to have while away.

Have your child bring something familiar from home. It can be a stuffed animal, photo, blanket or other trinket.

Supply them with a journal or a disposable camera. Encourage them to share all of the fun they had while at camp when they get home.

Don't forget!

In addition to the usual sneakers, swimsuits, towels and toiletries, remember to pack the following items for your child to take to camp:

- ✓ A broad spectrum sunscreen, lip balm, and sunglasses for sun protection.
- ✓ A small first-aid kit with bandages, antiseptic, poison ivy cream, and insect bite relief cream.
- ✓ A flashlight and fresh batteries.
- ✓ Medications with dosage instructions. Remember to inform the camp staff of your child's specific medical needs.
- ✓ If your child has allergies, make sure to inform staff and provide the appropriate over-the-counter or prescription medications.



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