



Handling Homesickness

Tips for a Successful Camp Experience!

Summertime is when millions of children get their first taste of independence at sleep-away camp. For many, it will also be their first encounter with homesickness. Luckily, parents don't have to feel helpless when homesickness strikes.

Here's a tried-and-true prescription to handle homesickness and help ensure your child has the experience of a lifetime!

The **Do's** and **Don'ts** Before Camp Begins

- ✓ **Do** encourage your child's independence now. Practicing separations, like sleepovers at a friend's or relative's house, can simulate the camp experience.
- ✓ **Do** involve your child in the camp selection process. The more a child owns the decision, the more comfortable he or she will feel at camp.
- ✓ **Do** warn your child against keeping feelings of homesickness to him or herself and encourage your child to speak with a counselor.
- ✓ **Do** practice writing letters and provide your child with pre-stamped, pre-addressed envelopes and paper.
- ✓ **Do** try to visit the camp beforehand or attend an online open house and introduce your child to other campers and counselors in advance.
- ✓ **Do** send a piece of home to camp with your child, such as a stuffed animal or a picture.
- ✓ **Do** inform camp staff about your child's medical or emotional needs beforehand, such as allergies, asthma or any required medication for behavior, attention or psychological conditions. Parents who intensely manage their child's care can have difficulty giving up that control, and children can sense your anxiety.
- ✓ **Do** make a plan for yourself. What do you want to do during your child's time at camp? If you feel nervous, share your anxiety with another adult. Take a deep breath, trust and remind yourself that you're giving your child an amazing gift.
- X **Don't** use bribery. Linking a successful stay at camp to an outside reward sends the wrong message. The reward should be newfound confidence and independence.
- X **Don't** make comments that express anxiety or uncertainty. Even "What will I do without you" can make your child worried that something bad might happen to you while he or she is away.
- X **Don't** make a deal or "pick-up plan" with your child to come home early if he or she doesn't like being away. This says you lack confidence in your child's ability to be independent and sets an expectation that he or she won't enjoy the new experience. Picking your child up early is also extremely disruptive to the camp community.

The **Do's** and **Don'ts** Once Camp Begins

- ✓ **Do** resist the urge to "rescue" your child from camp. Instead, offer calm reassurance and put the timeframe into perspective.
- ✓ **Do** speak candidly with camp staff to obtain their perception of your child's adjustment to camp.
- ✓ **Do** send letters or emails with reassuring words that encourage your child to enjoy camp activities. Sitting on the sidelines will just give your child more time to feel homesick.
- ✓ **Do** remember that it's perfectly normal for your child to experience homesickness. Part of the success of camp is to overcome challenges to complete the experience. Homesickness will improve as your child adjusts to his or her new environment and makes new friends.
- X **Don't** write to your child about how much you miss him or her or go into great detail about what's happening at home. How can a child whose family is missing him or her so much enjoy camp? He or she may feel left out of something back at home.
- X **Don't** worry. Homesickness tends to worsen during free time, and these are the same periods that children typically write home. If letters from your child seem sad at times, rest assured that there are positive experiences as well. Remember, counselors are trained to recognize and handle homesickness, and everyone involved has your child's best interest at heart!

For more information and helpful tips about camp, visit www.ACACamps.org/Parents-Families.