

PREPARING YOUR CAMPER



A GUIDE TO HELPING YOUR CAMPER GET READY AND EXCITED ABOUT CAMP.

Being away from home for multiple nights can be overwhelming for kids. They're likely anxious about being around new people, having to make new friends, and being in a new environment. But we know that time at summer camp allows campers to develop and grow their skills in independence, problem solving, and adapting to change. Here are some ways that you can get your child in "camp mode".

1. GET YOUR CAMPER EXCITED!

The more you pump them up about Camp Legacy, the more excited they'll be about attending. Let them know they're going to have a great time and how excited you are to hear about their time at camp. If you're anxious about them going, they'll likely be anxious too so shift that energy and pump them up for the experience we know they'll never forget!

2. BEING HOMESICK IS COMPLETELY NORMAL

Let them know that there is going to be times when they miss home - especially at bedtime - and that's completely normal! Create a plan with them for when they get homesick (ex: identifying a person at Camp Legacy they can talk to, writing a note about their day to share when they get home). The more prepared they are about this inevitable feeling, the better they'll be able to manage it.

3. DON'T MAKE A "PICK UP" DEAL

It's so tempting to tell your camper that you'll pick them up if they don't like camp. But this enables them to lock in to the feeling that they don't want to be there. Instead, continue to get them excited and reframe the conversations surrounding camp with all the things they'll get to do - making new friends, eating s'mores, trying the climbing tower, etc. Pushing through is going to strengthen their independence and resilience so much!