

## **Tips for Preventing Homesickness**

Help your child anticipate a good week at camp! Being familiar with camp helps—talk with experienced campers, discuss the daily routine, visit the camp, call us with questions. Younger campers may enjoy pretending or role-playing in anticipation of this new adventure. Overnight visits with friends or relatives may help them adjust to being comfortable away from parents.

Set your child up for success rather than failure: instead of promising to rescue your child if he or she is homesick, focus on helping the child develop strategies for coping. Campers who make up their minds to enjoy the week avert homesickness by seeking new friends and getting involved in camp activities. They think less about home and more about what's happening at camp.

Some campers feel guilty about leaving the family or a pet behind. Assure your children that you love them, that you will be happy thinking about the good experiences they are having, and that you'll look forward to hearing about them after camp. Please don't suggest phone calls or e-mails—these are extremely difficult to manage. Do write to your camper—you may even want to mail a letter ahead of time so it arrives early in the week. Don't tell them how much you miss them; do ask specific questions about what they're doing, and encourage them to write back.

If you believe your child may have unusual difficulties with homesickness, please let us know. We'll try extra hard to get them involved in satisfying activities with new friends.

- The Camp Mowana Staff