

# Preparing Your Child For Camp

## Browse the Brochure

It is important that young people are involved in decision-making activities so why not start with the selection of the camp? Your son or daughter will be interested in what activities are offered who will be going and how long he or she will be staying.

Look at the theme or focus for the week or season. Does it emphasize the same values you have for your home? A camping experience should be a building of the family, not just the individual.



## Pool the Pennies

Become involved as a team in helping pay for the camp experience. You may want to give your child certain responsibilities, other than those you require, for which he or she can be paid.

## Talk about Threads

Involve your youngster in selecting clothes for camp. Do the daily packing of their backpack together. Review the camp's policies and suggested items to bring.

## Mention the Money

Know what activities your child wants to participate in and how much each will cost. An extra fee is sometimes charged for certain special group activities (permission slips will be sent home). Help them learn to manage their money by providing a limited amount for daily special treats at the camp store. They will learn how to have enough money for a treat even on Friday. At Solid Rock, money will be collected on Mondays by their counselor and credited on your child's food card. During the week money will be subtracted from their card as it is used. They will be told the amount they have left after every purchase.

## Prepare for Pictures

Other campers, your child and the camp may want to take photos through out their camp stay. Pictures hold many memories in the years to come. You may think about purchasing a disposable camera for your child.

## Gear Up for the Goal

Consider why you are sending your child to camp. Camp is an excellent place to establish wholesome friendships for life, to develop respect for the world God created and to help your child learn to make decisions. At Solid Rock we want to help your child learn how to live for Christ in all situations.

With some of these goals in mind, talk with your child about what to expect in all areas. Let your youngster know you are interested in what will be happening and will be anxious to know what he or she has learned and done. Last, but not least, encourage them to share any concerns or fears he or she may have so you may help them through them.

## Welcome the Weary

Plan for your child coming home. Be aware of pick-up times and be prompt. It is devastating to a child, who is exhausted, to watch family greet other campers and be the only one left behind. Be prepared for your child to be out-of-sorts and tired at times. Camp days are high-level activity times.

## Listen with Love

Listen diligently as your youngster shares what happened. For the child who is especially expressive, be cognizant of good and or bad things that happened. Be aware of any problem areas that might have occurred with peer and/or authority relationships. Later, you may be able to help your child mature in the area of getting along with others.

Ask questions and be interested, but don't probe. For the child who is quiet, reserved, and doesn't open up easily, allow time for him or her to do so. At the end of their camp time, be aware that your child may want to share about new friendships and counselors they have learned to count on.

Some other lead-in questions might be, "Tell us about your favorite person at camp... our favorite activity... or your most difficult day at camp."

## Fun with the Family

Have a Fall "Summer Camp Night." This is easy to do if the child has taken pictures. Some activities might include: looking at the pictures, having a favorite camp meal, participating in the child's favorite camp activity as a family (swimming, archery, mini-golf, hiking, reading a Bible story).

An evening of visiting about camp can be fun. Decorate a "Question Box." Place questions such as these in it to stimulate conversations (if you have gone to camp in the past you can answer them too).

- How did you feel when you arrived at camp the first time?
- Describe one activity you felt strongly about?
- How did you feel when you left camp and your friends?
- Pretend you are a counselor at camp and you are responsible for 10 kids. List three things you would do to help them feel comfortable and get along with others.
- Describe a gift that you would give a camp staff member-speaker, counselor, lifeguard, and best friend.



## Letters to Leaders

If you find your child mentioning one particular staff member who was an excellent role model, or one he or she especially enjoyed, encourage your child to write and thank that person for what it meant. Many a camp staff member has been greatly encouraged to go on another week because a camper of a previous week wrote a note of thanks. Maybe he or she can even e-mail them at camp.

## Decipher the Decision

Be interested in what decisions or commitments your child may have made at camp. Allow time to share these decisions without giving your young person the third degree. Seek to understand what they are saying and if you still have question call the camp.

*Celebrating*  
**SOLID ROCK**  
**DAY CAMP**  
*30<sup>th</sup> Anniversary*

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