

FIRST TIME BEING AWAY FROM HOME ADVICE FOR CAREGIVERS

The most common issue our students face at camp is anxiety with being away from home. You can help make this process easier for your child by doing a few things before they come to camp:

1. Avoid expressing any anxiety you may be feeling. Instead of saying how much you will miss them, express optimism about the experience your child is going to have.
2. Avoid calling if possible as phone calls can backfire. "Parents hear their children crying, children hear their parents upset," says psychologist Chris Thurber. "That real time contact with home can exacerbate homesickness."
3. Find a friend. Encourage your child to look for friends and the support of a trusted adult (their family counsellor can fill this role). This can help ease the transition.
4. Don't make a deal with your child. Promising to pick your child up if anxiety sets in only decreases your child's likelihood of success in the new environment.

We have an on-staff nurse and youth support worker to assist our youth with the challenges of being away from home and after a few nights at camp, your child's anxiety should be reduced and they will be able to more fully enjoy the experience!