

Transitioning Your First Year Camper

We firmly believe that the gift of camp is one of the most wonderful gifts that a child can receive. It is important to remind yourself that this is something that you are doing for your child, and not to your child. If you feel that your child is having extreme anxiety about going away, or if your child has any concerns we should know about, please get in touch with us so that we may discuss ways in which we may accommodate these needs and assist in the transition.

Homesick but Happy...

Camp Walden is an overwhelmingly positive experience for our campers; yet, it is natural that the first time away from home can sometimes result in fleeting feelings of homesickness. Our staff is there to support and love your camper throughout this important developmental step towards independence. Some letters sent home may reflect the natural adjustment and re-adjustment for campers. Usually, by the time you receive the letter, your child's homesickness has long passed and they are happily enjoying camp! Regardless of how your child is adjusting, we will contact every new family within 72 hours of their camper's arrival. We will communicate with all parents as often as necessary according to each individual's needs. Also, if we notice any concerning adjustment issues at any time throughout the summer, we will let you know right away. If you are concerned, please don't hesitate to contact us.

How to Make Your Child Successful at Camp!

Remind your child of how much you believe in them and that you know that they can do this.

Let your child know that although coming home early is not an option, and that he/she must complete what they set out to achieve, if they decide they don't want to return the following year, that is fine.

Remind them how great you feel about the camp itself and how you know this is a safe and incredibly nurturing place that takes great care of children.

Don't Make A "Pickup Deal"

Promising "If you feel homesick, I'll come and get you" undermines children's confidence and dramatically intensifies homesickness. Instead, normalize their anxiety and talk positively about camp.

If your child believes that coming home early is an option, they will constantly be revisiting if they should stay or go. This can be too much pressure for a young child. It often inhibits them from getting fully involved and committing 100% to making friends, and becoming comfortable away from home.

Let your child know how much you love them and that you really will miss them too. Then let them know that you will also be having a fun time while they are away. Very often, children feel worried about their parents while they are gone. They need to know from you that you are not only going to be alright but that you going to be great. You will be doing some fun things that adults like to do but children would not enjoy.

I ❤️ Camp

**We are here to support you through every step of this process.
Please don't hesitate to reach out to us now or at any time during the summer**