

# FOUR

ways you can prep your camper for the  
*BEST WEEK EVER!*

## 1 Build Confidence in Daily Routines

*Help your camper feel capable with simple skills they'll use every day at camp*

- Practice brushing teeth and showering independently
- Review how to choose clean clothes and maintain good hygiene
- Encourage them to speak up if they need help

## 2 Get Camp Ready Together

*Involve your child in the prep process to give them ownership of their week*

- Pack together so they know what is in their trunk
- Walk through what a typical day of camp looks like
- Talk about what respectful behavior looks like at camp

## 3 Ease the Transition from Home

*Help them feel emotionally ready to be away from home*

- Limit screen time in advance to prepare for device-free environment
- Share tools for handling homesickness
- Tell them it's okay to miss home and have fun at the same time!

## 4 Encourage Independence and Excitement

*Camp is the perfect place for kids to grow in a fun environment*

- Build excitement by sharing things they can look forward to at camp!
- Encourage them to try new things at home - a food or activity that they haven't tried before
- Ask easy critical thinking questions to prepare them for making decisions on their own