



First Time at Camp!

We're so excited that you are able to start your camp experience with us at Camp Connect! Entering a new space, with new people, and new activities can often times bring upon many emotions for our youngest campers. If your child is crying, upset, anxious, etc. - we understand. We are ready to help ease fears and help make the transition easier.

Sometimes we find that campers who have not yet attended school may take a little bit longer to adjust to this new routine. However, camp is the perfect opportunity to start practicing some of these new things for school! Using items like a backpack or lunch pale can be a learning experience all on its own. Other routines like changing into our bathing suit on our own, putting on our shoes, walking with a backpack on, etc., is a lot of independence that some young campers may not be used to. Camp Connect staff are happy to walk campers through these new routines!

Don't feel bad if:

- it takes a few days/weeks for your young camper to feel confident entering
- there are some tears - that is okay
- you stay for a couple minutes with the camper to help the transition (colouring with them at the table is a great way to help them be transitioned)
- Field trip days are extra emotional at the beginning, and extra-tiring near the end (after all it is a big day for our little bodies!)
- Fridays are also extra emotional (it's been a big week of lots of new things)
- We want to assure you that all of these things are normal for our young and developing campers.

How can parents help ease fears at home?

- practicing using new items (backpack, lunch pale, putting on swim suit, etc.) can help your child feel confident
- going over your morning routine before the first day can be a great way to prepare
- sending "easy-to-use" items (for example: running shoes with velcro if your camper cannot tie shoe laces, swim suits with easy straps, etc.)
- talking about the activities they will do at camp leading up to each day (see schedule section)
- spreading positive talk about going to camp will help them learn that they can trust and feel comfortable while at camp

With your support, Camp Connect staff are prepared to work together to make a successful and positive experience. As always, let us know if there is something we can do to help your child's camp experience a smooth and comfortable one!

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