



# Tips for Parents/Caregivers

(How to help make your camper's experience the best.)

*From LO Associate Director, Deacon Randy Youngquist-Thurrow*

*(Parent of two children and Outdoor Ministry professional for over 39 years)*

## Prior to camp:

- Read camper info and follow the procedures laid out by camp. Complete online forms in advance - everyone feels more confident when prepared.
  - What to Bring List – Campers feel more comfortable when prepared, and have what they need. If you need assistance providing items on the packing list, please contact the camp office ahead of time so we can provide the needed supplies.
  - Health Form – Completed in advance online.
  - Medications – In original prescription containers – labeled with name, dosage, and time of day to be taken.
  - Camp Store money in hand to deposit at registration or added to online account.

By being prepared in advance, you speed up check-in and help your child to feel confident that this is going to go well for them.

## Speaking with your children in advance of coming to camp or on drop-off day:

Although missing your child may be true for many, instead of telling your child how much you will miss them, try the following:

- Use positive phrases like:
  - “I am so excited for you to have this great opportunity.”
  - “I can't wait for you to come home and tell me about all the great things you did at camp.”
  - “I'm excited for you to try new things, have new experiences, and even try new foods.”

Using these positive phrases will help your child start the week off on a confident and affirming note. It will help them to feel it is ok to have fun at camp instead of feeling guilty about your missing them.

- Please try not to use the phrase “Homesick.”  
When you label it for them they now have something to live up to.  
At camp, we seek not to use the word (homesick).
- Please do not promise to call them or that they can call home during the week.  
If that is promised – they will dwell on the call, and not on the experience.

These are often the campers who actually become homesick because they understand that you don't expect them to make it.

## While at Camp:

- Pray for your child and for the staff at camp.
- Send email messages to them. Contact info is included below.
- Send letters or packages to camp for your campers. Be mindful of timing, send mail early to assure it will make it to your camper.

## Note about mail and email messages

- Keep those notes positive and upbeat. Help your camper know things are fine at home.

## What we do to make it a great camp experience.

- Our summer staff is highly trained prior to campers' arrival. Our highest priority is to keep your children SAFE. One of our goals is to send them home nurtured and certain they are a beloved child of God.

These tips are for you, parents, and guardians, and are designed to provide the best camp experience possible. Thank you for your help and thank you for entrusting your campers to us for their camp experience. We look forward to seeing you soon.