

Planning Ahead for 4-H Camp

You and your child are on a journey together. Going away to an overnight camp is one part of this journey. 4-H camp is an opportunity for your child to recognize his or her strengths, become more confident, make new friends, develop new social skills, be creative and more. How can you help your child and yourself prepare for 4-H camp? Here are some tips!

Emotional Health

Talk ahead of time about the camp experience. Discuss what to pack, how money will be spent and feelings. Discussing potentially anxious situations before hand will give your child the confidence to succeed and reduce fear of new situations.

To Do: Role play some specific situations with your child like how to keep up with money and what to

Feeling homesick is natural. Those butterflies in your ch

give up when they feel overwhelmed or lonely.

Allowing the child to call home will not be the first action to -8ct)-4(i)5)13.17)-4(y--p.m[)-4(i)v36)-8)70)-8)-250

_____ may have some feelings of
you have confidence in your child and that you are both ready for this separation.

emotional needs before your own.

How 4-

1. Participate in group activities.
2. Spend time with friends and counselors
3. Think positively.
4. Write a letter home.

To Do: Send a letter to your child at camp so they will feel in touch with you. Make sure you mail it the week before camp so it will arrive on time.

To Do:

Please encourage your child to shower (swimming does not count as bathing), use deodorant, change clothing daily, and to go to bed and to sleep at scheduled times. Otherwise, he/she will not feel like participating in daytime activities they will not be allowed to take naps during the day, and are expected to be present for all activities.

Meals