

## 10 Ways to Prevent Homesickness

Camp is a great, safe place to try new things and expand your horizons. Many times camp is the first time a child has been away from home for any period of time. Lutherhill's staff is trained to deal with all types of situations that happen at camp, and we want to share our knowledge with you so your child can have a great week at camp!

- Involve your kid in the decision to go to camp.
  - Let your child help pick the camp and program that they attend so they have a choice in the decision.
- Be open with your kid about the upcoming separation and let them know that feeling homesick is normal.
- Have your kid go on a “practice” trip to a friend’s or relative’s house.
- If possible, help your kid meet an adult or child that will be at camp with them.
  - This could be an adult sponsor attending camp from your church or even a friend that your child would like to invite to camp with them.
- Be positive about your child’s week at camp. You can check out Lutherhill’s daily schedule at [www.lutherhill.org](http://www.lutherhill.org) and highlight all the fun activities in store.
- Send your child with pre-stamped and pre-addressed envelopes along with blank paper so they can send letters home.
- Don’t take your child off their normal medications for their week at camp.
- Don’t promise your child they can call you or that you will come get them if they don’t like being away from home.
  - We have many other resources to deal with homesickness before having campers call home. We appreciate your partnering with us in this by not sending your child to camp with a cell phone. We want your child to be able to escape from the busyness of life at camp, so cell phones and electronics are not allowed.
- View pictures from every day at camp on our website – [www.lutherhill.org](http://www.lutherhill.org) – and write your child letters and emails.
  - You can bring mail (letters, cards, packages) to registration on Sunday and leave it with us or mail it to your child at P.O. Box 99, La Grange, TX 78945. If you choose to send your child a package while at camp, please keep in mind there are usually 10-12 other children in each cabin, and having things to share is a fun way to build community!
- After camp, talk to your child about their experiences with activities, Bible studies, and the friends they made!