



10 Ways to Help Your Camper have the **BEST. WEEK. EVER.!**

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 handle all types of situations that may happen at camp, and we want to share our knowledge with you so your child can have a great week at camp!

1. Involve your child 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.
2. Be open with your child about the upcoming separation and let them know that missing home is normal. Agree to miss each other while you're apart and celebrate your new experiences when you come back together.
3. Have your child go on a "practice" trip to a friend's or relative's house. Giving them a small dose of time away will help them have the confidence to succeed at camp.
4. If possible, help your child 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.
5. Be positive about your child's week at camp. You can check out Lutherhill's daily schedule at www.lutherhill.org and highlight all the fun activities in store.
6. Send your child with pre-stamped and pre-addressed envelopes along with blank paper so they can send letters home. This is a simple way to stay connect even when you're physically set apart.
7. Maintain your child's normal medications for their week at camp. It can make the week even more challenging to navigate if they are taken off their medication for camp and their body is adjusting from the change.
8. Ensure your camper that they'll have a great week. 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 address missing home 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, so cell phones and electronics are not allowed.
9. Tell your camper all the ways you will stay connected while they are at camp. You can view pictures on – www.lutherhill.org – and write your child letters and emails. 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!
10. After camp, talk to your child about their experiences with activities, Bible studies, and the friends they made!