



GLEN BERNARD CAMP

Tips to prepare for missing home

Missing home is definitely normal, and it isn't entirely bad! If you miss home, that means there is something good about it. Most of the time, the feeling of homesickness will pass within a few days.

Here are some tips that parents can discuss with campers prior to camp:

1. Discuss some strategies for dealing with homesickness - this is an amazing opportunity to learn a life skill. Some ideas might be: taking 10 deep breaths, packing a certain stuffed animal or talking to your counsellor.
2. Encourage your camper - campers are capable of this independence, keep telling them that you know they can do it! This instills confidence in their ability to deal with anything that comes their way.
3. Don't make a "pick up deal" – this undermines their confidence and their ability to deal with these feelings. Make sure your camper understands why she can't talk to you over the phone, this intensifies missing home and with only one phone line, it would not be fair to allow only some campers to call home.
4. Plan your correspondence - let your camper know what to expect with correspondence. You don't need to write every day and it's best to set realistic expectations.
5. Ask for help – discuss with your camper who will help her? Sometimes campers encounter a problem they don't know how to solve and need to be encouraged to seek assistance. GBC staff are trained and available to help, and provide hugs when needed!
6. Follow our request – please keep all cell phones at home. The best way to help your camper with missing home is to follow the tips above!