

Dear Parents and Guardians,

Some of you may have questions concerning homesickness and how it is dealt with here at Cedar Lake Camp. While for the majority of campers homesickness is not a problem, it does occur. Here is our procedure for treating homesickness and communicating with you.

We do every thing we can to make camp a wonderful place for children and we ensure that all their needs are met. However, homesickness is a natural thing for any child leaving the comforts of home and family. If a child complains of homesickness or has any symptom of homesickness, our initial response is to encourage the child to get involved in the camp activities without making a big deal of it. Most children deal with homesickness quickly on their own and enjoy a great week. Giving too much attention to the camper complaining of homesickness generally only furthers the problem. If the homesickness remains mild and does not progress beyond small complaints and a few sobs at night, we will not typically call you the parent or allow the child to call. This typically ends within a night or two and the child has a wonderful week. If the child ever appears truly distraught the counselor will send the child to a director or senior staff member. We then attempt to encourage the child. If this is unsuccessful and the child persists in wanting to call home or go home, a director will call you and you will have the reigns of the situation from that point.

I experienced some homesickness when I was camper many years ago. Knowing that it was good for me to persevere through the week, I always encourage campers to enjoy their time at camp, understanding that they will see their family again very soon. On rare occasions it is necessary for parents to pick campers up because of homesickness. However, if you as a parent set your child up for success, the chances of this being necessary are minimal.

How to set you child up for success

- Talk to your child about all the great things they will do at camp. If possible, don't even mention the word homesick. If you do not mention homesickness, it may never occur to them.
- Let your child know that they will have a great time, and that you will see them in a week. Do not tell them that they should call as soon as they get homesick and you will come pick them up. They will certainly want to call if you do.
- Encourage your child to obey their counselor and build friendships with other children.
- Some children just need to hear from their parents that they should be at camp and have a good time. Sending them a letter or package helps them remember you love them. If we end up calling you, we hope and encourage you to assure them

that they are all right and that they are more than capable of finishing the week. As listed in our what NOT to bring list, campers are not allowed to bring cell phones to camp. Please do not send a cell phone with them and instruct them to call you.