



# CAMP BEAUSITE'S

## HOMESICKNESS...

### Helpful Hints for Parents and Caregivers

We are delighted that your camper will be joining us at Camp Beausite Northwest this summer and can't wait to get the fun started!!

Homesickness is something that almost every camper will experience at some point in their lives when they leave home (often for the first time!!). Spending a week at Camp Beausite is no exception. Below is a list of simple things that you, as a parent, can do before your camper comes to Camp to help make his or her week easier:

- Talk About It!**

Talking about being homesick doesn't create a homesick camper. Before your camper's week at Camp, talk about how he or she is feeling and brainstorm some ways to feel more comfortable while away from home.

- Let Our Staff Know**

If you think that your camper might get homesick during his or her week at Camp, please let us know! Our counselors are trained to manage homesickness in campers of all ages. We would love to talk to you and your camper about some ideas for making your camper's week at Camp a fun and homesick-free experience.

- Avoid Making Deals**

Striking an "if you make it through a week at Camp, then you can \_\_\_\_\_" deal making can make campers nervous and may reduce your camper's likelihood of having a fun and stress-free week at Camp.

- Write Letters to Stay in Touch**

Plan to stay in touch with your camper by writing letters! We've found that phone calls home during the week increases homesickness in our camper's and we strongly discourage phone calls home throughout the week.

**Please let us know if you or your camper has any concerns or questions.**