

# Proactive Chinuch: How To Prepare Your Child For Camp

The following are the points covered in the lecture:

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## Introduction:

- Why do we send our children to camp?
- Camp is uniquely impactful
- Is camp only about having a good physical experience?
- Preparation is power
- What can we as parents do to best prepare our children?
- Potential that can go both ways
- Going to camp for the first time
- Pre-camp anxiety
- How and when to have conversations

## General Points:

- Sharing your reasons for sending them to camp
- Sharing your own camp experiences
- Setting clear expectations
- Arranging for special accommodations
- Role of the counselor

## Wellness: Physical and Emotional

- Common worries that children may have
- Creating opportunities for your child to share their feelings/concerns
- Validate and normalize
- Distinguishing between your child's worries and your own
- Camp structure and hierarchy
- Camp checklist
- Calling home
- Homesickness
- Don't make promises you can't keep
- Visiting day

## Safety:

- Camp rules
- Staying with one's group at all times
- Personal space and belongings
- Creating and respecting boundaries
- Avoiding inappropriate activity
- Identifying a reliable adult

## Social:

- Peer pressure
- Opportunity to branch out - make new friends
- Don't exclude. Be inclusive.
- Teasing and bullying

## Responsibilities And Ruchniyus:

- What does vacation mean?
- Purpose of camp
- Maintaining family standards
- Self care - physically and spiritually
- Nutrition
- Hygiene
- Potential areas of concern
- Packages/Deliveries

## 'Proactive Chinuch' series

is a project of:



Wishing you a healthy and happy summer! - קיץ בריא ושמח -