

Preparing Your Child for Camp - Missing Home

Missing home is a very natural response to being away from home, especially if it is for the first time. With some assistance and support from camp staff - and a bit of time - most campers are able to overcome their nervousness and feelings of homesickness and really enjoy their independence at camp. We suggest allowing your child some time to work through their homesickness before resorting to picking them up early.

Some helpful hints to help with missing home:

- Go through the camp decision process together; allow them to see what camp they are being signed up for, and what their schedule will look like while they are at camp.
- Talk about the possibility of being homesick. It's a very common thing for children to go through.
- Send your child to camp with a favourite photo, a stuffed animal, or something special that is comforting and has a nice memory of home.
- Attending camp with a relative or trusted friend can also help campers feel more comfortable transitioning into the camp environment. Be sure to make a group request on your camper's registration form if this is the case.
- Come to the YMCA Camp Otonabee Overnight Virtual Family Information Night and In-Person Open House to get a better idea of what camp will be like ahead of time

YMCA Camp Otonabee Overnight Camp Experience

We teach and ask that campers embrace three main areas of respect:

1. Respect the Environment

We are lucky enough to be on the beautiful Ottawa River, tucked in a lush forest. We want to foster the idea of being responsible for taking care of this area that campers spend their time at. We try to create as little garbage as possible and introduce ideas of low impact camping or leave no trace camping.

2. Respect Each Other

A large part of camp is working and living with people in tight quarters. We try to teach campers how to interact with each other, despite and in celebration of their differences. If a problem between campers arises, our staff will work through it with the campers in a safe and productive way. We believe that every participant has the right to a safe environment and to be treated as equal, without discrimination. Please read our Camper Code of Conduct in the Preparing for Camp section of our website for more information regarding our camper expectations and bullying policy.

3. Respect Yourself

With camp being the busy place that it is, it's important to listen to yourself. Each camper is responsible for knowing when they need to slow down, sleep more, drink more water, or put on sunscreen. Our counsellors spend time on personal hygiene and check-ins throughout the week to ensure each camper is properly taking care of themselves.

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