

# Preparing Your Child For Camp

## Medical Care:

Nursing and medical staff will be on duty at all times. If your child becomes ill or has an injury while at camp, he/she will be treated by one of the medical professionals. You will be contacted by medical personnel or the camp director if:

- We have a concern about your child's health or physical well-being.
- Your child needs to stay in the medical center overnight.
- There are questions about your child's medications.
- Your child needs off-camp medical attention.
- There are behavioral concerns with your child.

## Medications:

All campers must bring all their medications including prescription medications and over the counter medications such as vitamins, skin creams, diet supplements, etc. If your child requires other medical supplies such as catheters or ostomy supplies, please provide those items as well. First aid supplies will be provided.

Medications should arrive at camp in the following manner:

- **In the original container.**
- Properly labeled with the name of camper and dosage.
- One additional day's medication for the scheduled session.
- Medication labels must reflect current dosage.

## Transportation:

All camper families are responsible for their own transportation to and from camp. We will not release your child to anyone other than the designated individual. Please bring your driver's license to be photocopied during check-out.

## Directions:

### Driving South on I-65:

Take Exit 22, KY-231 toward Scottsville. Travel about 20 miles. Turn left at the first stop light, onto Burnley Rd. Travel one mile. Turn left into The Center for Courageous Kids.

### Driving North on I-65:

Merge onto William Natcher Pky S at Exit 20A toward Scottsville. Turn right onto US-231 S. Travel approx.. 15 miles. Turn left onto Burnley Rd. at the first traffic light. Travel one mile. Turn left into The Center for Courageous Kids.

## Clothing:

To the right is a suggested packing list for your child. Be sure to label your child's clothing. Your child is also welcome to bring items and costumes related to the theme of the week. All shoes must have a heel strap!

**NO FLIP FLOPS!**

## Items to Bring:

- \* 4-5 pair of shorts
- \* 1 pair of long pants
- \* 6-7 T-shirts
- \* 1 long sleeve shirt
- \* 7-8 pair of underwear
- \* 7 pair of socks
- \* 1 raincoat/poncho
- \* 1 Pajamas
- \* 1-2 swimsuits
- \* Older set of clothes and tennis shoes for "Messy Games"
- \* Tennis shoes  
*(closed toe shoes required at the horse barn.)*
- \* Toiletries (soap, shampoo, toothbrush, etc.)
- \* Sun block
- \* Bug Spray
- \* Washcloths
- \* All shoes/sandals must have a heel strap!
- \* **Linens and towels are provided.**

**NO FLIP FLOPS!!**

**NO CELL PHONES**

## Items NOT to Bring:

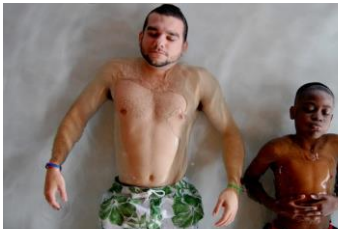
- \* **Cell phones**
  - \* Computers, Gameboys/ Nintendos
  - \* Radios/CD players
  - \* iPods/MP3 Players
  - \* Food/Candy
  - \* Scooters, skateboards, shoes with wheels
  - \* Flip Flops
  - \* Potentially dangerous items such as knives, cigarettes, fireworks, matches, laser pens, or lighters.
- Items arriving that are not permitted will be placed in a safe area.**



# Camp Life

## Transitioning:

Camp can be an exciting experience, but it can also be a challenge for first time campers. As you are preparing to share your child with us for an amazing camp experience, we would like to offer a few suggestions to help combat one of the biggest obstacles of a camp experience: Homesickness.



## Helpful Hints:

- **Prepare your child for the experience.** Show or read any available information about The Center for Courageous Kids with your child. This will allow your child to see their surroundings and ask questions about camp.
- **Validate their feelings.** In the history of camping, there have been countless stories of children missing home at some point during their camp stay. These are *normal feelings*. Should your child begin to show anxiety or worry, it can be an effective tool to let your child know that many children miss some aspects of home and they have found great ways to deal with this feeling.
- **Bring a keepsake from home.** Encourage your child to bring something from home that will help cope with any unease. These may be pictures of family or friends, a stuffed animal, or a blanket.
- **Prepare your child for contacting home.** To help prevent continued homesickness and promote an independent growing experience, we do not allow children to call or email home. However, we do encourage campers and parents to write letters. Prepare your child for this form of communication by providing a supply of envelopes and writing material.
- **Words mean so much.** Letters from home can be a comforting relief to a child or they can further promote a child's anxiety. The words you choose can make all the difference between a camper growing in independence during the week or struggling to enjoy the experience. Avoid communicating how much you miss them.
- **Encourage a positive attitude.** Build up a camp experience and ensure your child it may be challenging, but it will be an experience they will never forget.
- **Avoid making the deal.** The single most important method of promoting a camp experience is to not tell your child that you will pick them up the first day if they do not like camp. Making this deal will ensure that your child will give less effort to invest in the experience.
- **Prepare them for a structured schedule.** Explain to your child that there will be a structured schedule that must be followed during camp. Prepare them to follow camp rules.
- **Living interactions with peers.** Explain to your child that there may be up to seven other children sharing the room with them and they must respect the property of other children.