



## **Tips for Homesickness at Camp**

Homesickness is normal—even experienced campers feel it. Missing home, pets, parents, or siblings is part of the camp experience. At Circle Camp, we recognize these feelings and help campers work through them. Staff use their own experiences to guide campers and teach them how to manage discomfort and build resilience.

A successful camp experience starts with preparation—by both parents and campers. These tips will help your child feel ready and confident before arriving at camp

### **Before Camp**

#### **DO:**

- Speak positively about camp. Tell your child they'll make new friends and try fun activities.
- Let your child practice being away from home. Sleepovers with friends or relatives help build independence.
- Give your child chances to meet new people. Playdates and group activities help them practice social skills.

#### **DO NOT:**

- Say things like “I’ll miss you so much” or “I’ll count the days until you’re back.” This can make your child feel guilty for enjoying camp.
- Offer a pick-up clause like “If you don’t like it, I’ll come get you.” Circle Camp expects campers to stay for the full session. Leaving early may affect their spot in the program.
- Promise daily contact. Campers don’t speak to parents during camp. If a letter doesn’t arrive, it can trigger homesickness.

- Use bribes. The reward should be your child's growth in confidence and independence—not a gift.

## **During Camp**

### **DO:**

- Send encouraging letters. Praise your child for trying new things and making friends.
- Contact camp staff if you want updates. We're here to support both campers and parents.
- Trust the camp. We work hard to help campers adjust and grow.
- Remember homesickness is normal. If your child feels homesick, work with staff to support them—don't rush to bring them home.

Sending your child to sleepaway camp gives them a chance to grow in ways that will benefit them for life. While you won't be there in person, your camper will return more confident, independent, and capable.