

MY KID WANTS TO GO WHERE???

THE ULTIMATE GUIDE FOR
PARENTS ON TALKING WITH
YOUR KIDS ABOUT CAMP!



WHY DOES THIS MATTER?

**SO OFTEN WHEN WE ARE OUT SHARING ABOUT CAMP,
WE SEE THE SAME THINGS HAPPEN:**

1.



**A camp leader comes and
talks about camp**

2.



**Kids ask awesome questions
and get excited about camp**

3.



**Kids run to parents to share all
the cool things they heard about
camp and ask if they can go**

4.



**Parents start explaining all
the reasons they think camp
will be hard and scary**

This is totally normal and very understandable!
*Parents want their kids to be aware of the reality of camp
and to prepare them for what they may encounter. AND...*

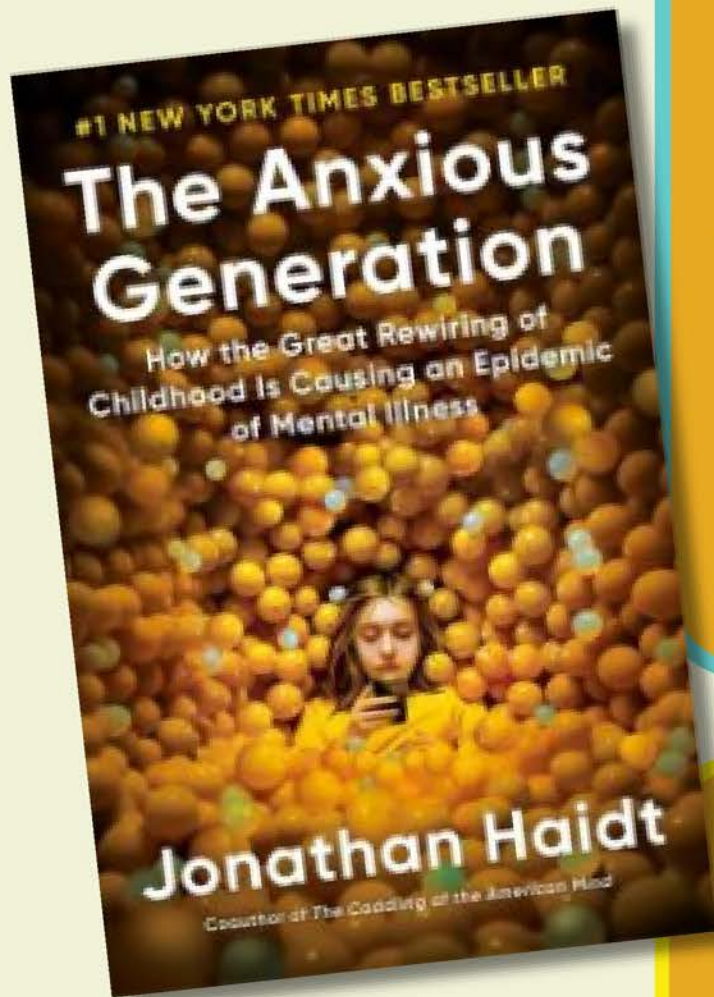
YOUR REACTION DETERMINES THIER PERSPECTIVE!

As parents, you are the most influential voice in the minds of your kids. If you say camp is “too hard” or “too scary,” that is what they will believe.

**YOU have the
power to shape your
camper’s narrative
about camp and
about themselves!**

THE RESEARCH

The book “The Anxious Generation” dives deep into why anxiety is becoming more prevalent than ever and how to start changing the narrative.



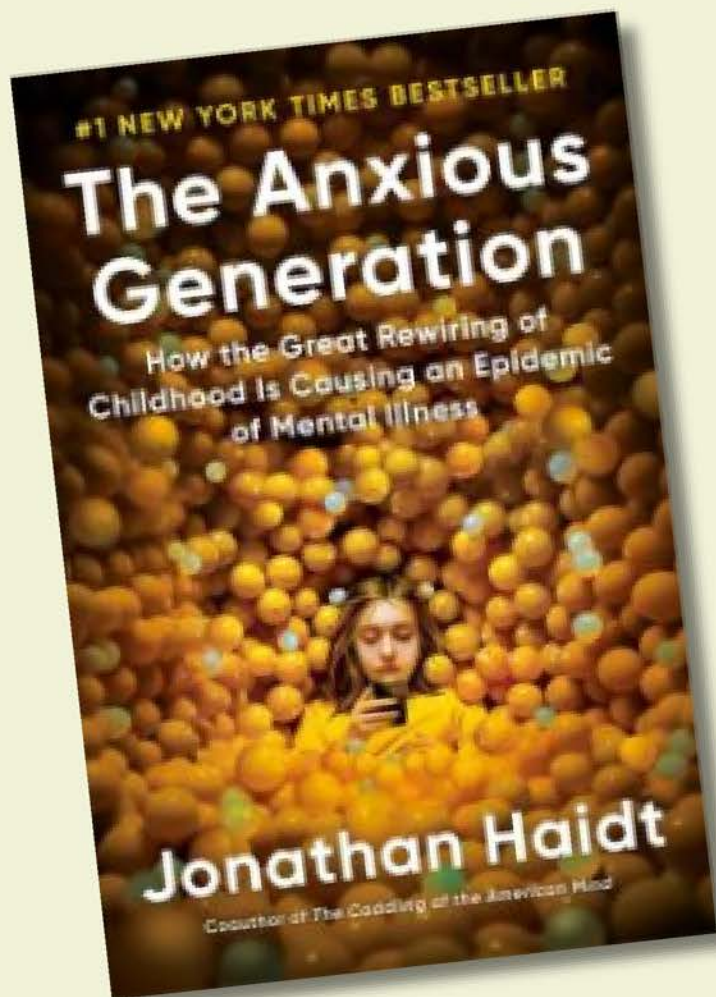
“Humans are socially and culturally adaptable creatures who need a wide variety of social experiences to develop into flexible and socially skilled adults. ...Safetyism is an **experience blocker**. It prevents children from getting the quantity and variety of **real-world experiences** and **challenges** that they need.”



“Like young trees exposed to wind, children who are routinely exposed to small risks grow up to become adults who can **handle much larger risks without panicking.**”

THE RESEARCH

The book “The Anxious Generation” dives deep into why anxiety is becoming more prevalent than ever and how to start changing the narrative.



“The attachment system evolved to help young mammals learn the skills they’ll need to reach adulthood while retreating to their ‘secure base’ [a caring parent/adult] when they feel threatened. Fearful parenting keeps children on home base too much, preventing them from having **experiences they need to grow strong** and to **develop a secure attachment style.**”



THE RESEARCH

Breakthrough Study from American Camp Association Outlines the Benefits of Camp Experience

April 18, 2023

Camp provides a unique and important setting that supports mental health, while creating time away from technology, building key skills like resilience and confidence in youth and young adults.



Challenges help us become resilient. Camp is a great place to experience challenge in an ultimately safe way! While it can have high “perceived risk,” the actual risk is very low.

THE RESEARCH

Kids Need to Be Away From Home

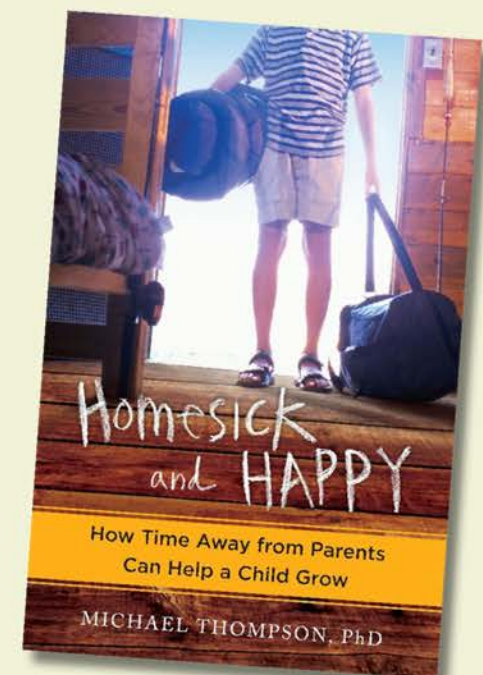


Michael Thompson, a clinical psychologist and school consultant, is the author of "Homesick and Happy, How Time Away from Parents Can Help a Child Grow."

As a parent there are many things you cannot do for your children. You cannot give your child confidence, you cannot pick or manage his or her friendships, you cannot always be his or her advocate/agent/manager/coach. Most parents cannot get their children to turn off electronics, especially in the summer, and most important, parents have a hard time urging their children to take psychological risks.

Camps do all of these things brilliantly. Young adult counselors present developmental challenges to which younger children rise. Living in a cabin 24/7 with kids you like and kids you hate builds self-control and empathy. Helping carry someone else's backpack on a hike, making a fire and cooking together, cleaning pots in the lake, trying new foods and overcoming homesickness...well, that's independence. And true independence is something your parents cannot give you. You have to live it on your own.

Michael Thompson, a child psychologist, explains that while homesickness can be a normal part of the camp experience, overcoming it builds a child's confidence and prepares them for future independence, such as college.



5 FUNDAMENTALS OF EFFECTIVE CAMP



Ewalu believes and actively practices these fundamental principles every day and in every program. We believe these principles are what help camp be at its best and most effective.



SACRED
PLAYGROUNDS



HOW DOES CAMP EWALU PROVIDE A SAFE EXPERIENCE?



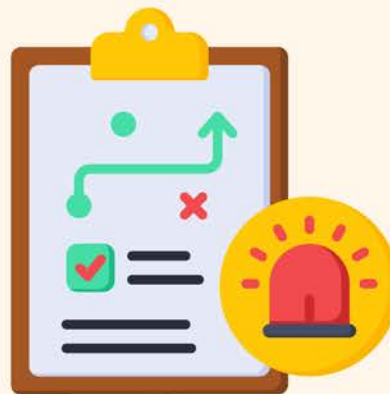
Camp Ewalu is accredited through the American Camp Association. This means we maintain the highest standards in the summer camp industry.



Ewalu practices safe staffing and age-appropriate ratios. Your camper will be in a small group led by a trained counselor, who is dedicated to their safety and well-being.



All Ewalu summer staff are certified in First Aid/CPR/AED, and many of them are also certified lifeguards.



All Ewalu staff are trained to follow robust Emergency Action Plans and practice them during 2 weeks of staff training at the beginning of summer.



All Ewalu staff are trained Mandatory Reporters through the state of Iowa.

HOW TO ENCOURAGE YOUR CAMPER

DO'S

✓ Listen to their excitement and get excited with them.

✓ Research camp together and look at photos of fun at Ewalu on social media.

✓ Speak positively about going to camp and focus on the fun and adventure!

✓ Tell them they are brave and that they can do hard things - AND believe it.

✓ Come to the Summer Camp Open House in May or take a tour together.

DONT'S

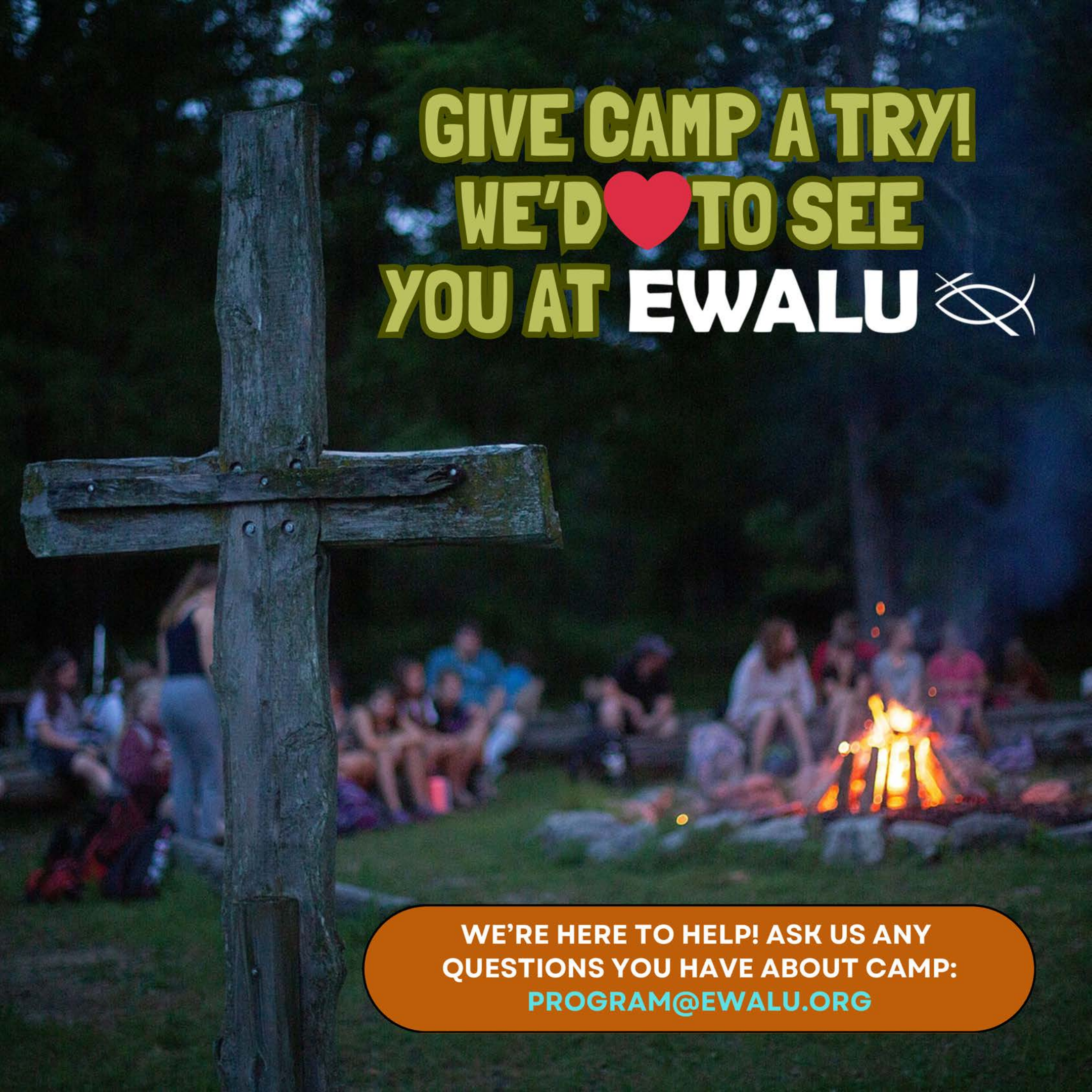
✗ Interrupt them with reasons why you think it won't work out.

✗ Leave them out of the decision making.

✗ Let YOUR fears about camp become THEIR fears about camp.

✗ Tell them they can't do it because they'll be too afraid and homesick.

✗ Write off this amazing growth experience because you are unsure they can handle it.



GIVE CAMP A TRY!
WE'D ♥ TO SEE
YOU AT EWALU 

**WE'RE HERE TO HELP! ASK US ANY
QUESTIONS YOU HAVE ABOUT CAMP:**
PROGRAM@EWALU.ORG