

## *Be a Prepared Camp Parent*

It can be hard to know how you can be involved in your child's summer camp experience since you will not be with him/her at camp. Being actively involved in the process from the beginning will help with a smooth transition. To assist you, we've listed some things you can do while preparing your camper for camp so you stayed involved in the process. If there is anything that the camp can do, please don't hesitate to ask! We look forward to having your child with us for this memorable experience.

### *What If My Child Is Nervous About Coming To Camp?*

You may contact the camp for a tour so you and your child can see the camp and become familiar with where he/she will be staying. Check the website for photos of activities and descriptions of the different sessions and typical days. If your child is nervous about their first time at camp, asking a friend to come along is a great way to help them feel more at ease. If you or your child have any questions about the camp programs and activities, please contact the camp office. We are always happy to share more about camp!

### *Please Don't Say It*

Many parents agree that one of the greatest benefits of camp is strengthening a child's emerging independence. It gives them the opportunity to learn to trust other caring adults. They will grow and learn, little by little, to solve some of their own challenges. This is one important way your child can develop a greater resilience.

In your talks about coming to camp, please do not highlight a conversation about "homesickness". Please do not suggest to your child that he or she can call home if homesick. Children do not forget a statement like that. If your child is experiencing a challenge in their adjustment to camp, we will call you. But if it the idea is already in their mind, it may set them up for a more difficult transition. You can help by talking with your child before they leave for camp by telling them that there is always someone they can reach out to, whether it is their dorm parent, a counselor, a trusted activity leader, the first aid staff, or the Dean. We are all here to help.

### *Packing Together*

It is recommended that a parent assists with packing the suitcase. This way, you know what is (or isn't) in there and they know where to find it. Encourage your child to pack "favorite clothes" that comply with the camp dress code. "Favorites" will make it home because he or she likes them. Please be sure you label everything with your child's name. Pack a plastic bag or something similar for dirty laundry and explain what it is for. Make sure it has a label on it as well. Just a note: black plastic bags look a lot like trash and in the past, have ended up in the dumpster. For a complete packing list, check your confirmation email or the camp website.

### *Mail Call*

Everyone knows campers love mail! See the Info sheet for instructions for sending mail and emails to your camper.

Parents, like campers, love to receive letters and are often disappointed when they do not receive any. Encourage your child to write and help your child address and stamp some note cards or postcards before he/she leaves. Letters for home packages are available for purchase during registration and during check -in. Stamps are also available in the canteen if needed. Campers can send their mail by giving it to their counselor or dorm parent to be placed in the camp's mailbox.

Free one-way e-mails can be sent by logging into the online system and clicking Send Telegram by your camper's name. At this time, only family members with access to the online account can send campers e-mails. If you did not register online, you can contact the camp office to receive log in and password information to access your online account. E-mails are delivered once a day. They are usually printed about 11am each day and delivered to the Dean to distribute. Campers cannot e-mail you back.

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Some recommendations when writing your camper. Don't highlight big events that he or she is missing, this may trigger homesickness. Let them know how proud you are that they are at camp. Let them know you look forward to hearing about the memories they have made. Encourage them to send you a letter. If you are following the camp week through the FB, Twitter and Instagram pictures, mention some of the activities you are seeing them involved in.

### *Sending Medications to Camp*

If you need to send medications with your child to camp, please do not place them in his/her suitcase. All medications (prescription or over-the-counter) must be given to the camp first aid staff in their original containers with instructions at check in. **Please, all medications must be identified in their original containers.** If your child has an inhaler or epi-pen, they can keep it with them but the camp first aid staff should be notified that it is in their possession. Medications are returned to you or your camper at check-out. The First Aid station stocks standard comfort over-the-counter medications. There is no need to send Tylenol, Advil, Tums, etc with your camper. For families who prefer the use of essential oils for common ailments, you are welcome to send these oils with your camper. However, they will also need to be given to the first aid staff, and instructions should be written down so we can know how your camper uses them.

### *Photo Memories*

Your camper receives a group photo to remember their time here. Many attempts are made throughout the session to post pictures to our social media accounts, sometimes that is not an option. But you may want to send a disposable camera to capture additional memories. Valuable digital cameras are not advised and cell phone cameras are not permitted. In an age where uploading photos is routine and kids like to take "funny" pictures, please review their photos as being appropriate before allowing them to place them on any social online platform once they return home.

### *Then There's The Money*

You may purchase "Canteen Credit" for your camper's canteen purchases and mission offerings at camp. The suggested amount of spending money is \$15-\$30 based on the length of the session. At the end of the session, unused funds may be requested for return at check-out, remaining funds are given to the mission offering. The "Canteen Credit" is used for Canteen snack item. There is a wide variety of snack items available, all items are \$1. Each camper may purchase two items during canteen time which is open twice a day. The "Canteen Credit" can also be used to purchase camp items such as flashlights, drawstring bags, t-shirts or sweatshirts and the mission offering.

Please be sure your child knows what amount of money they have in their "Canteen Credit" at the camp. You may add additional funds at check-in or by calling the camp office.

Please remember to include mission giving in your spending plan. During the 2017 summer, campers will learn about Tarakwa Children's Village in Kenya. During the missions presentation the campers will be asked to give to an offering, this money will assist with the purchase of livestock for the home to raise for income and food. On the last day of the camp season, all families will have the opportunity to return to Camp Rudolph to participate a few service projects for the Children's Village and Camp Rudolph.

### *Getting to Camp and Check-in*

You can enter 19320 Darling Dr Yale, VA in your GPS or directions to the camp are on our website. Please take note your check in day and time on your receipt. For details about Check-in, please see the Info Sheet. **Please plan to arrive no more than 30 minutes early.** If you arrive earlier, you will not be granted access to the dorms but you may explore the grounds as you wait.

### *Don't Forget Prayer*

The most powerful thing you can do for your child while he/she is here at camp: PRAY!! Pray for your child's spiritual development and health while they are away. Also, please pray for the camp staff and faculty.

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### *Check-Out Day*

Please be prompt for pick up time. The check-out time for your session is listed on your receipt. More details on what to expect are in the Info sheet.

We may have campers who have made decisions to be baptized at camp, your child may want to attend the baptism at the pool before the close of the program. While you will be eager to get your child home and talk with him/her, we encourage you to allow your child the extra time to support his/her fellow campers in this important decision by being present at the baptism.

### *And We're Home!*

Expect your child to be tired, they've spent a lot of time outdoors in an active program, and probably stayed up late giggling with friends. It's possible he/she may also be grumpy. Returning home is a sudden change of pace. They had to leave new friends. Try not be offended if your child isn't as happy to see you as you are them. Your child may appreciate extra time to rest and be excused from family chores the first day or two at home. When your child is ready to talk about the camp experience, listen closely. Asking open-ended questions will encourage your child to share (i.e. what was your favorite activity, who was your favorite person at camp, etc).

If your child expresses a desire to be baptized while at camp, a faculty member will call you to discuss the decision. Some children may decide they want to be baptized, but wait until they get home to talk with someone about it. Try not to push your child about any decision they might have made. It is not uncommon for parents to find out about their child's decision from someone other than their child.

Our prayer is your child will continue the growing process once they come home. We encourage you to pray for and with your child. Having a personal quiet time with God is stressed at camp, you can encourage them in this endeavor. If your family isn't already connected with a local church, take this opportunity to find a church the whole family can attend. There is a list of churches that support Camp Rudolph on our website. If there is any way the camp can help, please let us know.