

### Words on Homesickness from the Directors

The transition from home to Camp may cause some campers to miss home. Overcoming those feelings and moving beyond them is good growth for girls. Keep in mind that your daughter will not be navigating those waters alone. Staff is ready to help her become settled and sure of herself in Camp. We are here to help her as well. Your part in your daughter's adjustment is to reassure her (either ahead of time or in a letter if she is already at Camp) of your eagerness for her to enjoy Camp and of your full confidence that she is going to be fine. Encourage her to ask for help by talking to her counselor or to one of us.

If she is concerned about homesickness prior to Camp, let her know that homesick feelings are very normal, that they pass, and that her counselor knows how to help her if she is struggling to adjust. Please be careful about telling your daughter you will come get her if she gets homesick; this makes moving beyond those unsettled feelings much harder for her. Also, remind her that you would not be sending her to Camp if you weren't sure that she could do it and enjoy it!

Once your daughter is at Camp, it is very normal for her to send a few letters early on about missing home. Please call us if you want to check on those, and if the letters persist, definitely call Camp and speak with one of us. We want to help your daughter settle into Camp and fully enjoy her time. We also want to help you feel comfortable and keep perspective.

We have seen many campers miss home early on and turn the corner to feeling safe and secure. It is a wonderful step of growth to watch a camper do this. Your daughter's adjustment may take a few hours, a few days, or a week. The confidence and strength she gains in settling into Camp and working through the homesickness is well worth the temporary discomfort and the lasting growth.