



## **Preparing for Homesickness**

We realize it may be incredibly hard for some campers and their families to separate for the weekend. In some cases, this will be the first time families have done so since the loss of their loved one. Camp Cocoon's counselors and volunteers are prepared for this and are confident this weekend will be a wonderful experience for everyone involved. Help the weekend run as smoothly as possible by following these few suggestions:

1. Before going to camp, talk with your camper and let him/her know it is normal to miss home, but that homesickness is temporary. Talk to your camper about finding a friend and/or activity to make the lonely times turn into fun, or to speak with one of the many counselors that will be available to them.
2. Remind your camper that they will not be able to call home or come home just because they feel homesick or sad.
3. Make your farewell brief and encouraging. Remember, the more excited you are for your camper, the more excited your camper will be about being at camp.
4. Please do not pick your camper up early or come for a visit. This will make it even harder for the campers to get over their homesickness and they may not express their feelings about their loss as openly if you are around.