

PARENT GUIDE FOR CAMP

Getting your child ready for camp will require some steps to take in order to make it a successful camp experience.

Social Story

Start talking about camp and what your child can expect. Caring out the expectations of events and activities as well as expected behaviors will be helpful in calming their anxiety over doing something new.



Schedule

Having a schedule before and after camp will help to increase your child's independence at home, as well as giving them the predictability which helps to relieve anxiety. Even if you don't know what specifics are happening at camp you can still show them what they will be doing before and after to develop a positive routine and smooth transitions.



Visuals

Providing visuals to the camp staff and your child will be helpful with interactions and when things can get overwhelming.

A great start for visuals to offer:

- A Wait Strip
- A break card
- Core Communication Board



Activities

Sometimes your child might get overwhelmed during the camp day or have waiting time they need to fill. Giving the camp staff a waiting bag with items your child likes will be helpful.

Some ideas to go into the bag:

- fidgets
- books
- small preferred toys



Spaces

The camp environment is open and typically outside. Work with your camp team to ensure there is a quiet break space for your child if it may be needed so there is a plan in place.

