



From our February, 2013 Newsletter

## CAMP CONSIDERATIONS

The experience of camp is one of the most loved by children. But selecting a camp can be a complex task. Parents need to consider the physical and emotional needs of their children and choose accordingly.

### Some questions to ask when looking at camps:

- Does the camp offer medical treatment your child needs?
- How are meds dispensed and managed?
- Can parents drop in and see the child if they would like?
- Are there people experienced in working with your child's issues?
- What procedures are in place for disruptions and poor behaviors?

**Find time to visit camps** you are seriously considering.

\*\*\*Consider the physical space of the facility. Can your child navigate it safely?

\*\*\*Look at playgrounds, wooded areas and especially pools (are they heated? will your child be able to put their feet on the bottom? Do they have a strong chlorine smell that your child will object to?).

**If your child has difficulty with transitions, do not choose a camp where they change activities every ½ hour.**

**If your child needs predictability, structure and routine in his life, choose a camp that provides that as well.**

Don't forget to think about how the following issues will impact your specific child:

- what is the size of the camp, and what size will make my child comfortable?
- how many campers of your child's age will there be at the camp, and how will that impact your child?
- is the camp/camp group coed or single sex?
- how will they get to that camp every day? can they tolerate a 45 minute bus ride on a hot day?
- if your child is not very athletic, will the camp make them feel comfortable in trying new things and in working on skills at his or her own pace?
- what is the camp philosophy regarding competition and the level of competitiveness?
- which activities are required?
- is instruction given in each activity?
- how long is the camping day? how many weeks is the program, and how will this impact your family summer plans?
- what foods/snacks/drinks are served at camp, and how will this work for your child?

***Finally, consult with your therapist! They can offer great insight into local camp options, as well as what factors to consider for your child's needs.***