



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.