

TIPS FOR PARENTS

Going to camp is a big step for children and parents. **Here are some key tips that will lead to a successful summer camp experience at Seedrioru:**

1. Set your child up for success **by visiting and touring the camp** prior to their first day. Come to talgud (work weekends) and/or to Suvihari -a family friendly event.
2. **Get excited with your child and help them mentally prepare.** Mark the first day of camp on the calendar, create a checklist of items for camp *see the "Varustus/What to bring" list, talk about what to expect and how they can cope with different situations they may face.
3. While your child is at camp, don't schedule any significant family events. The disappointment of missing a family celebration will outweigh the camp experience.
4. **Talk to your child about homesickness.** Tell them it's normal and encourage them to talk to other campers or counsellors about their feelings. Even the most tearful, clingy camper will ultimately adjust. Don't make promises or statements you'll regret such as "if you're really, really homesick I'll come and pick you up". **Communicate confidence in his/her ability to handle being away from home. Packing a favorite item or going to camp with a friend may help ease your child's homesickness.** When writing to children, avoid dwelling on how much you miss them or what they are missing out on at home.
5. **Write your child** letters (even a few days before camp starts so they'll get them in the first few days). **Mail is usually delivered/distributed during lunchtime. Send your child to camp with some pre- addressed envelopes so that they can easily send letters back home.**
6. **Talk with your child about what to expect at camp.** Calls home can be made during mealtimes with the permission of their counsellor and head cook.
Parents are welcome to call during meal times: Breakfast: 9-9:30, Lunch: 12:30-1:00, Dinner: 6-6:30.
Parents are welcome to visit on Sundays. Every Saturday evening has an event for parents/families and friends to watch and are welcome to purchase a meal from the kitchen (during meal times) and are also welcome to camp out on the field Saturdays overnight.
7. **Send a water bottle and remind your child to stay hydrated by drinking lots of water.** We always have drinking water available and will remind children to fill up their bottles and to drink water.
8. After your child returns home, encourage them to practice their new skills, and encourage them to maintain their friendships through e-mails, letters or phone calls.
Parents who send their kids to camp are giving them an experience that will reap benefits for a lifetime.

Other tips/notes:

Don't know Estonian? Seedrioru offers Estonian language immersion every week. **We have campers with all levels of Estonian -ranging from not knowing any words to fully fluent. All activities are bi-lingual.**

Campers will learn Estonian songs and folk dancing, customs and language, games, sports and arts & science, skauting and leadership skills -all while having fun and making new friends!

Not sure if you're ready for camp? Contact us (suvekodu@seedrioru.com) to arrange a time to drop in for a visit, participate in daytime activities or try out a few days. Many of our campers have started out this way.

The tooth fairy does visit Seedrioru! **If your child has a wiggly tooth that you think might come out during camp, please let us know to keep an eye on it.** Please let us know if you believe in the tooth fairy, or if you have another ritual.

Birthday during camp? **We celebrate birthdays during camp - we sing the traditional Estonian birthday song and have a special desert at lunchtime.**

