



From our June, 2014 Newsletter

## **PREPARING FOR CAMP**

---If possible, take kids to the camp to see it one more time before they get on the bus. Show them the bathrooms, the lunch space, and, if possible, where their group will meet.

---Practice getting dressed and undressed quickly, especially with a wet bathing suit. Let your child know how difficult this is, even for you! Let them wear a bathing suit in the bathtub to make sure your child can manage a wet suit themselves.

## **Getting ready for day camp?**

--Use bathtub time now to start helping your child adjust to having faces covered and heads in the water. Have them blow bubbles under water. Spray their bodies with water while they are in the bath.

--It can really help to get your child accustomed to pool water before they are sent off to camp where they will be instructed in a larger group. Some kids need to adjust to the chlorine smell, so try going to your town pool or a friend's pool on an uncrowded weekday morning.

--A few private swim lessons can go a long way to making the process safer, calmer and more successful.

--A visit to a new day camp ahead of time can relieve anxiety for many children, as they will be able to visualize the environment and the day. Help them to shine at camp by letting their counselors know their favorite activity ("Jordan loves kicking a soccer ball"; "Kim adores arts and crafts").

--Sunscreen is crucial, but it can be difficult for parents to ensure that sensory sensitive children apply it (or have it applied) regularly. Try a continuous LOTION spray (ex: Waterbabies and CVS brands) that avoid that "stinging" feel.

(Continued on next page)

## Going to sleep-away camp?

--for the younger child who gets cold easily, a wetsuit can make a big difference in a cold lake or pool. You can easily find them online.

--Have them utilize those handwriting lessons by pre-addressing envelopes for letters home.

--Mom or Dad can draw pencil guidelines on envelopes and postcards to help them write legibly.

--Send them off with lined stationery, printed mailing labels, and pre-addressed envelopes.

--We love getting camp mail from our kids, so don't forget to address an envelope to your favorite therapist.