

# AS CIMI APPROACHES...



## DO THIS

- ✓ Be positive about the camp experience!
- ✓ Help them to get used to the fact that they will not be talking to you by phone.
- ✓ Talk about all of the wonderful opportunities that await your child at CIMI where they can try things they have never done before.
- ✓ Convey the fact that while it is normal to be nervous about going away, Mrs. Atkinson, Mrs. Julianna, Mr. Reuter, Ms. Hansen, and many CIMI Instructors will nurture, guide, and comfort them.
- ✓ Remind them that they will not be forced to do anything that makes them uncomfortable, such as taking a swim test or snorkeling.
- ✓ Make sure they understand that no one will be allowed to hurt, bully, exclude, intimidate, or pick on them. Please let your child know that if these situations arise they are to tell their chaperones, who are there to help!
- ✓ Encourage your child to come with their security blanket, doll, stuffed animal, etc.

Going away for the first time can be daunting for a young camper. It is normal for children to worry about being with their friends, staying with their group, and having fears of the unknown. In fact, these fears are often on the minds of not only first-time travelers, but returnees as well.

As CIMI approaches, it is possible for the anxiety level to increase. It is common for a child who was all set for a memorable trip to suddenly get cold feet. We recognize that as Parents/Guardians you want to do everything possible to alleviate their fears.

## NOT THIS



- ✗ Don't tell your child how much you, grandma and the family pet will miss them (even though it is true). Often, this makes children feel guilty and inhibits their ability to relax and have fun. Just say, "I love you and can't wait to hear about your new friends, the activities, and marine science."
- ✗ Don't promise to take them home if they are unhappy. This is a recipe for failure. Children who have anxiety about camp (or experience homesickness) can be reluctant or unwilling to make the effort if they have been promised a way out. Instead, we recommend: "I am sending you because I know you will love it. After CIMI, if you do not wish to return, we can talk about it."