



# BRIGADOON

Giving extraordinary kids a chance to be ordinary

## Tips for Talking to Your Camper About Camp This Summer . . .

**Acknowledge and validate their feelings.** It's okay if they're feeling sad, angry, or like this is unfair. The summer camp experience is something that all of us look forward to each year so it makes sense that they're upset with the news. **Remind them that they will be okay.** While it's important not to rush to this, campers will need time to feel the way they're feeling without being told that things are fine or to move on. However, they have done hard things before and been okay! Allow them to feel the way that they're feeling, help them identify what they're feeling, and look for positive ways to deal with these feelings (see below).

**Brainstorm coping strategies.** What sorts of things make them feel calm and content? Music, art, playing with their pet? When campers have feelings that get too big while at camp, we work with them to discover things that help them cope during times like this. This might be a great time to experiment with some grounding techniques to help them to manage. Some resources here:

<https://www.counselorkeri.com/2019/04/02/help-kids-manage-worry/>

**Stay Connected.** Are there pieces of camp that you can bring to your home this summer? Have them take part in the fun activities we have already posted at <https://brigadoonvillage.org/camps/brigaathome/>, find ways for them to stay connected to their camp friends while physical distancing, find out what their favourite camp traditions are and work together to re-create them at home!

**Have things to look forward to.** Have your camper answer the survey attached to this e-mail so that they can let us know what sorts of fun things are important for them to include. Though it won't be summer camp as we know it, we will be looking to provide campers with new ways to connect with one another this summer! Are there other things that you can plan to do as a family this summer that they can look forward to?

**Encourage them to talk to someone.** If your camper is struggling it is important to connect with resources that can help you and your camper through this challenging time. Reach out to your family doctor, or your local resources. 811 can help you identify where these are, or use the following numbers in crisis:

- Kids Help Phone: 1 (800) 668-6868
- Kids Help Phone Text Line: Text **CONNECT** TO 686868
- Mental Health Crisis Support (NS): 1 (888) 429-8167

[www.brigadoonvillage.org](http://www.brigadoonvillage.org)