



STRATEGIES FOR SUCCESS

Coming to an overnight experience at Camp Lutherhaven is an impactful experience for your whole family. Whether your child is a novice or a well-seasoned camper, what you do and say to prepare your child can have a profound impact on how they experience a program at Camp. Below are some helpful suggestions for making your child's time at Camp a success.

CAMP COUNSELORS

Our counselors bring an excitement for life and a love for children and youth. The relationship they develop with your child has the potential to become an important one in their life.

Here are some things that you may want to take the time to notate on the medical form as well as inform the counselor about so that they can help your child have a great time at Camp.

- › Any night time procedures that may comfort him.
- › How to address her ADHD, Autism, or other behaviors.
- › How you have equipped him to communicate about any problem.
- › Any allergies she may have.
- › Any dietary restrictions he may need.
- › Any recent illness or death in her family.
- › Any other unusual anxieties you anticipate.



PRE-CAMP ANXIETY

You may be surprised what concerns your child has about Camp. Having a discussion about this new adventure can prepare your child to walk away with a healthy sense of independence, further developed social skills, more confidence and a stronger sense of self-worth. Below are some discussion tips.

- › Reinforce that Camp is a safe place for your child to be.
- › Explain that it is natural to have some apprehension.
- › Help her to understand that she can come to her counselor or other staff with any concern or need.
- › Invite him to pray with you.
- › Take time to equip her with scripture.
- › Focus on the positive aspects of Camp.
- › Tell him that you have faith in his ability to handle the situations he may face while at Camp.

COMMUNITY POLICY

One of the awesome things about summer camp at Camp Lutherhaven is the opportunity to experience a special Christian community in the midst of God's creation. In order to achieve this goal, it is expected that participants come with an attitude of cooperation, goodwill, and respect for each other and God's creation. Please carefully consider your language, dress, and behavior before arriving. Cursing, revealing or inappropriate clothing, and disrespectful or harmful behavior will not be tolerated. In addition, items such as cell phones and other electronic devices can become disruptive and a distraction to the formation of Camp community, relationships, and interaction with God's Creation around them. Because of this, cell phones are not allowed to be in the possession of those 18 years and under. Camp Lutherhaven reserves the right to send a camper home that is unable to abide by this policy. We thank you for your cooperation.

COMMUNICATING WITH YOUR CHILD WHILE AT CAMP

We encourage you to keep in touch with your child through email or by letter while they are at Camp. Here are some pointers:

- Be sure to sound upbeat and positive.
- Remain focused on the things he is experiencing at Camp.
- Share some encouraging scripture with her.
- Avoid mentioning things that he might be missing at home.
- Reassure her of your love.
- Let him know that you're confident he can handle it.
- Express your pride in his achievements so far.

For details on how to get in contact with your child, check out the camper communication section on the second page.



HOMESICKNESS

The emotions that you and/or your child may feel during separation are completely legitimate. Our first overnight camp begins at first grade; however, we've seen intense homesickness well into the high school years. Most campers, however, are able to work through these emotions and come away from Camp with a wonderful experience. Below are some things you can do to help head off homesickness.

- Spend time getting a clear sense of what Camp will be like:
 - * Look through a friend's photos, or the Camp website
 - * Arrange a visit to Camp
- Practice being away from home by spending an overnight at a friend or relative's house.
- Strive to keep your own emotions in check.
- Keep your comments positive about this time away.
- Focus on the potential rewards such as gaining confidence, new friends, and the fun of new adventures.
- Write a letter or e-mail that will arrive the first few days of Camp.

Our goal is to make Camp a safe place for your child. Below are ways that our staff will walk alongside a camper who is experiencing homesickness.

- Staff will first create a safe and welcoming environment.
- Acknowledge camper's feelings - let them know it's OK to feel that way.
- Notify other staff of the situation.
- Work through possible solutions that may include:
 - * Focusing on activities, future fun things, and learning new skills
 - * Inviting them into conversation
 - * Connecting them up with new friends
 - * Extra TLC
- Notify parent(s) of child's condition if the homesickness lasts throughout the day or if a child is asking to call home.
- Decide on a strategy with the parent(s) which may include:
 - * A letter from home
 - * A phone call between parent(s) and child*
 - * Last Resort: taking your child back home. They just may not be ready to be at Camp this year.



**We typically discourage phone calls because it can often increase the intensity of their emotions. In fact, if you receive a letter about how horrible the Camp, the food, other campers, the counselors are, don't panic- that's not atypical of what children may express when experiencing homesickness, especially early on. And of course, call us if you have any concerns.*



A DAY AT CAMP

OUR TYPICAL SCHEDULE

7:00 Polar Bear
8:00 First Word/Breakfast
8:45 Cabin Clean-up
9:20 Fun in the Sun
10:25 Family Group Time
12:00 Power Time!
12:30 Lunch/Lunch Party
1:30 Rest Period
2:30 Sports Cabin Activity
3:55 Canteen
4:30 Beach Cabin Activity
6:00 Dinner
6:45 Cabin Activity
7:45 Evening Activity
9:00 Canteen
9:30 Campfire Devotions
10:00 In Cabins/Cabin Devotions
10:30 Lights Out



WHAT IS THAT?

Cabin Activity: Each cabin gets to choose their activity. Perhaps they will challenge another cabin to a game of Ultimate Frisbee, head out into the woods for a hike, work on archery skills, swim in Lake Muncie, play in Camp's bubbling spring, or make some treats for the evening. The opportunities are endless...limited only by the creativity of the counselor and campers.

Cabin Clean-up: Everyone helps keep Camp Lutherhaven clean! Sure it's a little work, but at Camp, even work is fun!!

Campfire Devotions are where the depth of God's Word is shared by the campfire as the staff leads devotions. Just the right mix of music, humor, and meaningful skits brings the focus upon Jesus Christ as we end the day.

Canteen: What goes better on a hot summer's day than an ice cream sandwich and a drink? Maybe a candy bar or a drumstick? Good stuff and a great chance to hang out with cabin-mates or new friends from other cabins.

Evening Activity: All of camp gathers together for instructions on the large group game as fun is sure to be had by everyone!!!! Capture the Flag, Chaos vs. Control, or Wacky Olympics, who knows what it could be?

Family Group Activity: Each afternoon Family Groups will choose classic Camp activities. Or create a whole new challenge or excursion to partake in. Challenge the cabins in your family groups to an archery tournament or a splash contest. Work together to make a boat out of cardboard, or play a game of live battleship on the athletic field.

Family Group Time: Every morning groups made up of two to three cabins gather for sessions of incredible activities! Ranging from a nature hike to Petty Pond, group building activities, making crafts, archery, boating, to playing a rousing game of Garbage Ball in the athletic field! Every day is different!

Fun in the Sun Bible Studies: At Camp we have a great setting where we often learn through experience. During Bible Studies, cabins may be found building sand castles to see how our earthly lives are just temporary, or leading a blindfolded cabin-mate through an obstacle course to show how God leads us even though we have been blinded by our sins. Discussion is emphasized so campers and counselors can share their faith with each other in an environment where there are no dumb questions.

Meals: At Camp even finicky eaters enjoy our meals, that are both youth friendly and delicious. Of course, there is always PB&J available. There may also be various other activities to participate in like first word, dinner time mail delivery, moose kissing, and silly songs!

Polar Bear: Follow Mama and Papa Polar Bear down to the waterfront. Give your best polar bear GRRRRRROOOOOWLLLLLLL!!!, turn to the north for the polar bear salute, and then, on cue, splash into the water for a quick dip.

Power Time: Campers and counselors alike have spread out around Camp. It's time to spend some time alone with God as we pray and read from God's Word.