

Camp Roger Camp Scottie

Handling Your Kid's Disappointment When Everything is Canceled by Erinne Magee

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Adapted by Camp Roger

By now, many important and fun activities in your child's life have been canceled or postponed. We realize that canceling a session of Camp Roger or Camp Scottie, may bring up unresolved emotion and more sadness from the continuing onslaught of hard news in your camper's life right now. Here are a few ways that might help as you communicate news to your camper.

- 1) **Check your own emotions.** Robin F. Goodman, Ph.D. says that "Calm is contagious."
- 2) **Honesty is the best approach.** Stay away from phrases that children may not understand such as "the right thing to do" or "we need to protect the elderly." Gayle Cicero, Ed.D. advises that children can easily be confused and direct is the best way to tell hard news.
- 3) **Focus on validating your camper's emotions.** Tell them that that it is okay to feel what they are feeling. On the other hand, some children do not know exactly what emotions they are displaying, so help them identify those reactions.
- 4) **Do not make empty promises.** If you choose to reschedule, be aware that other cancellations may occur.
- 5) **Celebrate their love of Camp.** During their scheduled session, get out their favorite Camp t-shirts and have opening day. Encourage young campers to draw pictures of their favorite parts of camp. Coordinate a family campout. Start a bonfire for s'mores or look up recipes to cook outside. Get outside for hikes and play more games. Let them teach you their favorite camp songs. Creatively remember one of their favorite summer traditions together. And make sure they know...we miss them, too.