



## COLLEGE CAMPS - SUPPORTING OUR CHILDREN

**It is very common for our teenagers to experience a mixture of excitement and nervousness when going on camp.**

For most children, excitement trumps anxiety, but with some children anxiety can interfere with what should be a fun and formative experience.

As parents, it is also important to reflect on emotions that are triggered for you, knowing that they will be away from you for 1 or up to 3 days. If you are anxious about it, you need to first manage those emotions. If you want to know how to manage your anxiety, [click on this link](#).

Remind yourself that camps provide your child with an opportunity to develop useful skills for future success: like resilience, self-regulation and very importantly, social adaptability. They will get an opportunity to employ their social skills, become more comfortable to separate in a healthy manner from parents and cultivate their independence.

If you know your child is struggling with anxiety, [access this link](#) for more information on how to support them through it.

If you would like some resources on how to build their resilience, [access this link](#).

Remember it is normal for some teens to feel anxious about going on camp. Talk positively to them about your experiences on camp and reassure them they will be supported by their teachers.

If you have any additional concerns, speak to their Year Advisers.

**Jacoline Petersen**

Director of Student Counselling

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