



5 Signs

Your Child is Ready
for Overnight Camp



Summer camp can pose some worry for both camper and parent.

To this, Dr. Rob Ribbe, Executive Director of HoneyRock, says:

“It’s okay. It’s okay for your child to be a little nervous. It’s okay for them to express some uneasiness at first. It’s okay for a camper to feel homesick for the first few days of camp. In fact, these are good things for their development. When they are supported, encouraged, and loved through the anxiety, your child learns that they can accomplish so much more than they originally believed...”



...They grow in resilience, independence, confidence, and self-esteem – these are critical skills for our children.”



Camp provides an awesome opportunity for your child to safely begin to navigate life away from home. Under the guidance of trained leaders, kids are invited to make their own decisions: What should I eat today? Do I want to participate in that activity? How do I want to meet new friends? How should I spend my allowance at the camp store?

Here's what we recommend looking for when making the decision about overnight camp...



1. Your child has spent the night away from home.

Spending a night or two away from parents is a great first step. If you want to up the ante, what does it look like for your child to spend the whole weekend at a friend's house? Or a week or two with grandparents? Practicing staying 2-5 days away from home with people they know and love is a great step to preparing for overnight camp.

2.

Your child participates in group activities.

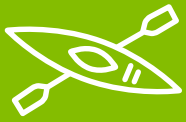
This doesn't mean they need to always be the first to volunteer for group activities or be the loudest kid on the playground. If your child joins in on a game and enjoys it, chances are they'll do the same at camp.

If your child is more introspective and loves alone time, that's okay, too! Many camps provide a rest hour and organized free time that campers can spend alone or with smaller groups. Ask to see a daily schedule when you're exploring different camp options.

3.

Your child follows basic instructions.

If your child is able to follow directions at school and during after-school activities, they're showing signs of independence. No one is perfect—especially at home—but a child who is able to follow along with a basic "to-do" list is a child who will thrive at camp.



4.

Your child has attended a day camp.

This gives your camper a taste of summer camp activities without the overnight component. It also helps you start to understand where your child might need encouragement or growth in the camp setting—do they get overwhelmed with big groups of people? Are they super excited to talk with friends during lunch or snack time and forget to eat? Do they struggle with listening to their counselor?

Keep in mind: these aren't reasons to skip overnight camp. They're launching points for conversations that help your child become more self-aware and self-regulative. During a day camp, you can have these conversations every evening and help your camper grow. When you move to an overnight camp, counselors will step in and help your child reflect at the end of the day. Don't worry, you'll still have a chance to reflect with them at the end of the session!



5.

Your child shows interest in summer camp.

When you talk about summer camp—are they curious? Do they ask questions? Do they share stories with you about friends who love summer camp? Are they asking about when they can go? These are definite signals that your child is ready!



Here are some ways you can prepare your kid for a great camp experience:

- **PACK** Involve your child in packing for camp—reviewing the packing list, purchasing necessary items, and talking about everything that’s going into the suitcase.
- **PRACTICE** Have your child “practice” being away from home by sleeping over at a friend’s house or with extended family.
- **SHARE** Talk about your own first time away from home—What was fun? What was challenging? How did you feel afterwards? Keep it positive!
- **COACH** Encourage your child to be honest with their counselor. If there’s a problem—from wetting the bed to not feeling included in the group to missing home—the counselor is there to help!
- **DISCUSS** Have your child make their own stationary kit—preaddressed/ stamped envelopes, a pen or pencil, and paper. If your camp has a no-call policy, talk about how to write letters.





Sometimes, sending your child to overnight camp can be more challenging for YOU than it is for your camper!

Consider some of these options to take care of yourself...



1. Write a Letter

Send a few letters to your camper in the days leading up to camp so you can be encouraging them from the start.

2. Keep a Journal

Write your hopes, worries, and prayers for your camper.

3. Take Time for You

Plan a few fun gatherings with friends, some needed alone time, or a date night with your spouse. This is a great opportunity to recharge other relationships in your life!

HoneyRock offers a camp specifically for first-time overnight campers...

Intro-Res Camp at HoneyRock

June 21 - 26, 2021 | \$495
For 3-6 Graders

If your child hasn't attended an overnight camp before and is a little nervous about the idea, Intro-Res Camp is for them! Many parents use this shorter session for kids who are new to summer camp. To make new campers more comfortable, campers approach the week as a "team" - eating all meals and visiting all activity areas as one cabin group. This allows campers to try new things within the safety of their cabin leaders and cabin mates.

To reserve your spot for 2021

Register Today!



ORDER

THE BEEHIVE

PICK UP



A Day in the Life

A little bit more about...

Meals:

You won't find any lunch lines at HoneyRock! Your camper will come into the Dining Hall with their cabin and sit around a table. Food will be brought to the table and passed around, family style.

Morning Watch:

All campers take a few minutes of supervised alone time to read Scripture, pray, and reflect.

Cabin Impact:

Instead of sitting in a crowd listening to a speaker, campers have bible study in their cabin group and are taught by their counselors. This allows counselors to adapt bible lessons to the needs of the small group and makes time for campers to ask questions.

Activities:

During Intro Camp, campers move from activity to activity as a cabin and experience most, if not all, of the activities. Some activities are adapted to better meet the needs of the younger campers – waterskiing becomes a boat ride, horsemanship becomes fun games at the barn, etc...

Daily Schedule

- 7:00 – Wake Up 🍷
- 8:00 – Breakfast 🍳
- 8:45 – Morning Watch & Cabin Impact 🕊
- 10:15 – Camper Worship 🕊
- 10:30 – Activities 🎲
- 1:00 – Lunch 🍴
- 1:30 – Rest Period 🌲
- 2:40 – Activities 🎲
- 4:45 – Organized Free Time 🕊
- 6:00 – Dinner 🍴
- 7:00 – Evening Games 🎲
- 8:30 – Prep for Bed 🌙
- 9:00 – Cabin Reflection 🕊
- 9:30 – Lights Out 🌙

Take a photo tour of
HoneyRock

About HONEYROCK

Three Lakes, Wisconsin Location

FOUNDED
1951

Counseling Staff

Training Length
4 weeks*

Training Topics
youth development, leadership,
outdoor skills, youth ministry,
Christian education

Certifications:
American Red Cross First Aid
American Red Cross CPR
Basic Water Rescue
MinistrySafe

DISTINCTIVE PROGRAMMING

Each HoneyRock camper program blends these five themes:

- × Wilderness Trips
- × Instructional Activities
- × Service Opportunities
- × Spiritual Focus
- × Leadership

Activities Offered:

Rock climbing, canoeing, drama, ceramics, arts & crafts, mountain biking, riflery, archery, swimming, horse-back riding, wilderness skills, waterskiing, kayaking

TRANSPORTATION

Yes! Coach bus pickups include Wheaton, IL; Schaumburg, IL; and Madison, WI. Otherwise, parents can drive their campers directly to camp.

CAMPER TO
COUNSELOR
RATIO

4:1

900
acres

FOCUS

**Spiritual
Formation**

**Character
Development**

**Leadership
Development**

* Most camps set aside 3-10 days for staff training. At HoneyRock, we take a full four weeks to train our counseling staff.

HONEYROCK LEADERSHIP DEVELOPMENT PROGRESSION

As the Outdoor Center for Leadership Development of Wheaton College, HoneyRock is focused on developing whole and effective leaders through transformational outdoor experiences.

Our camp programs follow a planned leadership progression, built on age-appropriate responsibility and challenge in five key components: wilderness trips, instructional activities, service opportunities, spiritual focus, and leadership.



WILDERNESS TRIPS



INSTRUCTIONAL ACTIVITIES



SERVICE OPPORTUNITIES



SPIRITUAL FOCUS



LEADERSHIP DEVELOPMENT

Intro-Res Camp Grades 3-6	Onsite	Sample All Activities	Cabin Oriented Service	Encounter God and Learn His Stories	Care for Yourself and Others
Residential Camp Grades 4-8	1-2 Day Trip	Choose Activities to Master	Cabin and Peer Oriented Service	Learn to See Yourself in God's Story	Build Self Awareness
Advance Camp Grade 9	4-5 Day Trip	Pursue Mastery of Activities	Activity Area and Camp Service	Explore Why You Believe What You Believe	Collaborate and Think Critically
2:22 Camp Grades 10-11	7-9 Day Trip	Complete Mastery of Activities	Community Service	Own Your Faith Through Communion with God	Assume Ownership and Responsibility
Voyageur Grades 10-12	8-16 Day Trip	Learn to use Outdoor Pursuits for Restoration	Sustained Service Within Your Community	See God Through His Creation and Among His People	Initiate Problem Solving
Catalyst Grades 11-12	Varies	Use Mastery of Activity to Instruct Others	Sustained Camp and Community Service	Discover and Practice Your God-Given Gifts	Initiate Problem Solving

To learn more and register, visit us at
wheaton.edu/HRintro



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COLLEGE**

For Christ & His Kingdom