

CAMP YOUNG JUDAEA SPROUT BROOKLYN

# WE ARE IN THIS TOGETHER



## HELPING YOUR CAMPERS COPE WITH CAMP'S CANCELLATION

### Pause

Our lives are really complicated and crowded especially these days with COVID-19. Prior to speaking with your child take a deep breath and ensure that any potential distractions are removed (e.g., no noise or screens). Set the tone to help your child take in potentially upsetting news.

### Listen & Give Them Space

As parents, it is our instinct to want to fix things for our children and shield them from suffering. In this moment, it will be important to allow our children to express what is on their minds and in their hearts. Give them space and time to express their thoughts and feelings in order to better cope with the loss.

### Any Feelings Are Good Feelings

It is important to allow your child the space to experience a range of feelings. They might cry, be angry, show sadness, even try and negotiate, which would all be considered normal reactions. We might feel an urge to portray this loss in our own, less traumatic, and more tolerable way. This helps shield us from being exposed to our children's pain, which can often be worse than suffering the loss ourselves. However, allowing our children to express themselves can be a crucial part of the healing process.

### Stay Connected

Encourage your child to connect with their camp friends, to reach out to others and not wait for others to call. Staying connected with camp friends will give your child a sense of connection and belonging, keep them from feeling isolated, and empower them to feel a sense of control in the midst of a rather chaotic environment.

### Time

Remember children are resilient. With time and love they will find a way to cope with the disappointment.

### Reach Out

We are your partners! If you need help, please feel free to reach out to the Sprout Camps team! Remember it takes a village.