

BEDTIME AND MORNING ROUTINES



Each morning *madrichim* (counselors) wake-up campers in a gentle way. At this time, campers are expected to get out of bed, brush their teeth, put away pajamas and get themselves dressed.

If your child struggles to wake up in the morning, practice what morning wake up will consist of at camp. If your child is an early riser, help them prepare a quiet activity they can do until wake-up time. Camp wakes up each day at 7:00am.



In the evening, campers return to the bunk to wash up/brush teeth and get into bed.

At camp, we conclude each night with a *Peulat Laila Tov (PLT)*, a bedtime activity. It helps campers wind down and prepare for sleep. It might include a counselor reading a story, singing a song, or inviting a special guest.

After the PLT, campers may have a few minutes of flashlight time to read or talk together. The bathroom lights are left on in the bunks and there may be light noise while campers settle down for the night. If your child has trouble falling asleep, help them identify and practice some useful strategies.



CLOTHING, LAUNDRY AND PERSONAL ITEMS

Help your child:

Practice organizing their clothing. Campers will have cubby and closet space to store their belongings. Practice placing dirty laundry in a drawstring laundry bag.

Remind your child:

Certain items (sweatshirts, jeans, etc.) can be worn a few times before washing, while other items (socks and underwear) should be changed daily.

Pack with your child:

Campers should recognize their own clothing. Please be sure to label all items.

Talk with your child:

Some of the comforts of home might be nice to have at camp. Create a photo book that your child can bring to camp to look at and show to their friends. Camp is a great place to bring a stuffed animal or two. Both campers and staff will bring these comforts of home!



HAVE A FEW SLEEPOVERS

Your camper is going to be away from you—possibly for the first time. Some kids have absolutely no problem adjusting; others need to dip their feet in the water slowly.

Organize a couple of sleepovers with their friends—and do it at their friends' houses to get them used to being away from you.

MEALS

Meals are served family style and campers sit by bunk with at least 2 counselors at each table. We encourage you to explain to your child what it means to eat together with other children and how to exhibit appropriate and respectful table manners.

A variety of foods are served at each meal. Practice with your children making choices at meals from what is being served, serving themselves, and being willing to try something new. Please remind them that they should always ask for help if they are having trouble finding something to eat.



PERSONAL CARE

Have your child practice an independent daily self-care routine that they can continue at camp.



Brush teeth twice daily



Shower routine (practice taking an efficient shower that includes washing hair, washing face and full body in a short amount of time)



Brush/comb/style hair



Clip nails



Apply sunscreen



Thorough frequent and routine handwashing

We're here to support you and your child every step of the way as they embark on this exciting camp journey, and look forward to providing them with an unforgettable experience this summer!