

Homesickness

We expect children to be homesick and look at it as a healthy and normal event. Most campers adapt to camp quickly as they become busy with camp activity and make new friends. Wyonegonic trains staff to look for signs of homesickness and gives them tools to deal with ordinary cases. The more difficult cases may pull in the camp directors and nurses.

There are experiences and conversations that should occur at home in preparation for camp.

We invite you to “listen” to the experts and read the resources listed below.

Prevention and Care Your Child's Health at Camp

by Linda Ebner Erceg, RN, MS, PHN

Essentials of Homesick Prevention: Dramatic Reductions in Homesick Intensity Depend on What You Do Before Opening Day

by Christopher Thurber Ph.D

<http://www.acacamps.org/members/knowledge/human/cm/0605thurber>

Homesick and Happy

by Michael G. Thompson Ph.D.

<http://www.michaelthompson-phd.com/books/homesick-and-happy/>