



## Reinforcing your decision to send your child to asthma camp

Sending your child to camp for children with asthma is one of the best decisions you could make! The camp experience is rich and rewarding, and your child will make memories and learn lessons that will last a lifetime. In many respects it can help shape the adults that they will become. Here are just some of the benefits:

- Camp fosters personal growth
- The camp environment is nurturing, but also promotes independence
- Your child will learn to get along with others; learn to compromise; develop a sense of teamwork; take responsibility for themselves as well as their health; develop and refine their social skills
- Your child will become skilled at managing their asthma through hands-on learning
- Your child will face challenges, overcome fears, gain confidence, and self-esteem all while making new friends
- Your child will mature and expand their horizons in a safe and caring environment
- Your child will grow emotionally, intellectually, and physically
- Your child will try new activities
- Your child will return home with new interests and skills



Camp provides your child with a peer support group and they feel like “one of the gang”. Everything at camp has been adapted or developed to meet the specific needs of the camper. The staff is trained to deal with your child’s asthma and many of the counselors have asthma themselves. Camp provides a formal education where children are taught to deal medically and emotionally with their asthma and they learn through interaction with each other.



Most important, your child will have **FUN** (and won’t even realize they’re getting an education at the same time)!

*So let’s get you and your camper ready!*

### What to expect...

#### *For the camper:*

Before your child sets off for camp he/she may be feeling a little nervous or anxious. These emotions are entirely normal and to be expected. No matter how your child might be feeling, it is important to remind them that they’re not alone. Almost every camper has the same thoughts. Talk to them about their feelings. Most times just sharing their feelings helps!

When they get to camp, campers will be expected to assume responsibility for themselves and their belongings. Now is a good time (if you haven’t already) to get your child used to taking on some responsibilities...to clean up after themselves, make their bed, brush their teeth (without you asking!), etc...