

A Parent's Guide — 2010



www.rawhideranch.com



**Mailing address:
P.O. Box 216
Bonsall CA 92003**

**Email: info@rawhideranch.com
Ranch office - (760)758-0083
Fax (760)758-0440**

FREQUENTLY ASKED QUESTIONS

How do I make the final camp payment for my camper? (if you registered early with just the deposit) Your family has a special account log-in code (not the general code listed below) that was set up at the time you registered your camper. If you have forgotten your code please refer to your camper's confirmation letter. Then, at the website (www.rawhideranch.com) click the log-in (or register now) link, enter your family's personal username/password and it will take you to the Custom Payment section.

How do I send mail to my camper?

The daily mail is delivered after lunch (Mon-Fri only) to the campers by our Pony Express Riders. The campers always look forward to receiving letters, funny cards, photos, etc. from family and friends during their stay.

Send U.S. Postal Service mail to:

Camper's Name & Camp Dates
Rawhide Ranch
PO Box 216
Bonsall, CA 92003

(for other delivery services—UPS, FedEx, etc.), use 6987 W. Lilac Rd.)
Remember to allow an extra day or two , even for overnight delivery, due to our rural location. To give the mail the best chance of arriving during your camper's stay try to have it postmarked no later than Tuesday of your camper's session. **Important Note:** Mail sent through the US Postal Service iwill NOT be delivered to our physical address. The physical address is only used for FedEx & UPS package deliveries.

If time constraints prevent getting mail sent to your camper there is also a one-way

<p>How To Send An Email To Your Camper:</p> <p>→ → → → →</p>	<p>Log-in to Parent's Corral at www.rawhideranch.com</p> <p>2010 Parents' Corral access code: User Name: rodeo Password : rawhide</p>
<p>email option available via the online Parents' Corral at www.rawhideranch.com.</p>	

IMPORTANT: Please **DO NOT** use the ranch's fax number or ranch's email address for camper correspondence. **Campers are not able to get mail received through the business office email or fax.**

SPECIAL NOTE: Each family has a personal user name/password for the purposes of registration and making payments. That code is noted on your camper's confirmation letter and is not the same as the general access code (above) available to all registered families for the purposes of viewing photographs, emailing your camper, etc.

Are campers allowed to receive "care packages"? Due to an escalating problem with cabins receiving pounds and pounds of candy/food, we ask that you **DO NOT SEND/MAIL FOOD OR CANDY** to your camper. There is no storage areas in the cabins for food/candy and if campers try to "hide" in in their luggage it tends to attract those pesky ants and mice into the cabin. When every camper in a cabin receives a well-meaning care package of candy "to share" it just goes to waste as it can not be stored or eaten during a short mail call time. Consider sending small gifts, photos, or additional "pony bucks" instead – coffee break times are a big event and the campers love choosing something from one of the snack areas.

Does my camper need spending money? Pony Bucks are the "currency of choice" during each camper's visit. You may purchase Pony Bucks during check-in as well as leave money on account "in the bank". Daily coffee breaks give the campers time to relax, have a cool drink or snack, and visit our camp store. Campers generally find \$20-40 per week sufficient.

Are laundry facilities available? The ranch provides the opportunity for campers staying for two or more consecutive weeks to send their laundry out. The cost is based on total weight with a minimum charge applied. Cost is subject to change but is generally in the range of \$15 per camper per week and payable upon check-out. The stay-over campers are reminded on Thursday morning during announcements about the laundry service but it is the camper's responsibility to make sure they have their laundry to the office on Thursday in time for the service pick-up. Laundry facilities are not available at the camp.

Will my camper be bunked with his/her friend as requested? We make every effort to place campers with requested bunkmates. **Be sure you have added any bunkmate request to your camper's online registration page. It needs to be updated each season—we do not keep that information on file from last year.** We have learned from long experience that placing large groups of requested bunkmates together can, at times, have a negative impact on cabin dynamics. Therefore, we ask that campers request a maximum of two bunkmates and that the bunkmates request each other. **Campers are bunked by age so bunkmates need to be close in age (within one year).** Our program is designed for campers to have the opportunity to spend their entire day together within their program groups so if your camper is attending camp with a group of friends they will be assured of spending most of their time together if they choose to.

IMPORTANT: Negative bunking requests have become more common for some unknown reason and we now find ourselves needing to address this issue with parents. We cannot accommodate negative bunkmate requests (i.e. "I don't want my child to be with.....") unless a signed request is in writing and on file in the camp office. If a camper (the negative requested) requests to be placed in your child's cabin (very common), we will need to inform that child's parents of the circumstances behind our inability to accommodate their request. We encourage you to work out these issues among the families prior to registration/arrival at camp or select another session if necessary.

Is a phone available for camper use? We encourage campers to experience keeping in touch “the old-fashioned way” - writing and receiving letters. If you must check on your child’s progress during the camp session please call the ranch office; we will check on your camper and give you a call back.

Can families visit during the camp session?

Part of the magic of camp is making great friends while being away from parents and loved ones for a short time. We ask that there be no visits to campers during the week’s session as we are very busy and involved with our campers and they only have a short time to be at camp. Campers look forward all week to their family’s arrival for the big show on Saturday morning.....see you then!

Do you have menu options for picky eaters? Great food is an important part of the camp experience and our professional chef and his staff do an awesome job of offering kid-friendly and nutritional menu items. Past campers have provided many suggestions on what they like to see on the camp menu. Although we don’t provide different entrees or special meals for picky eaters, more meal time options are also available at the breakfast’s assorted cereals bar or the lunch/dinner time expanded salad bar.

Is a shuttle service available from the San Diego airport for arriving/departing campers? Rawhide Ranch does not have a regular shuttle service available but special arrangements may be made with an additional fee. If your camper will be arriving/departing by air, please contact the ranch office BEFORE booking a flight. A confirmation will be sent to parents prior to camp session confirming pick-up/drop-off arrangements.

What if we have to cancel the reservation at the last minute? Many parents have inquired about **camp cancellation protection** to cover their investment in Summer Camp for their children. We now make available a competitively priced program that we believe meets the needs of our families. We highly recommend you review this plan created especially for the Summer Camp industry. Complete details and enrollment forms for this optional plan are available online at www.travmark.com. Information is also included with your confirmation letter. If you are concerned about last minute change in plans, illness that might prevent attending camp, change in campe readiness, etc. this is something you will want to check out to help cover your financial investment.

As noted in the “I Agree.....” section with either the online or mail/fax registration... In order to provide the highest quality camp program & staffing we must plan well in advance based on confirmed reservations. Depending on the date of your reservation the cancellation policy is as follows:

- **If you register your camper using the “Deposit Only Option” your payment of \$200 is non-refundable at any time.**
- **If you register your camper using the “Payment In Full Option” and your cancellation is received in writing prior to June 1 you will be eligible for a refund of any additional payment over and above the \$200 deposit portion of your payment which is non-refundable.**
- **If you register your camper after June 1 your full camp tuition payment of \$865 is non-refundable by Rawhide Ranch.**

How do I contact the ranch in case of family emergency? In case of a medical or family emergency contact the Rawhide Ranch office at (760)758-0083. After office hours, our voice mail system will give you an emergency pager service number you may use and/or an opportunity to leave a message for the Camp Director. The service is for **emergencies only**—callers needing general information, show times, etc. are asked to leave a voice mail and the call will be returned first thing in the morning.



How to get to Rawhide Ranch:

From Los Angeles/Orange County:

Drive INTERSTATE 5 South to Oceanside. HWY 76 off-ramp is just past Oceanside Harbor; head EAST on HWY 76. In Bonsall, turn RIGHT on CAMINO DEL REY, cross the bridge, stay LEFT at the Y in the road and just at the corner of the golf course turn LEFT on WEST LILAC ROAD. Rawhide Ranch is up the hill (approx. 3 miles); you'll see the sign on the RIGHT.

From San Diego:

Drive INTERSTATE 15 NORTH to OLD HWY 395/US-395, turn LEFT at end of ramp. Go to top of hill; turn LEFT onto WEST LILAC ROAD. Ranch is approx. 1.6 miles ahead on your left.

Or use INTERSTATE 5 NORTH to HWY 76 then head EAST on HWY 76. In Bonsall, turn RIGHT on CAMINO DEL REY, cross the bridge, stay LEFT at the Y in the road and just at the corner of the golf course turn LEFT on WEST LILAC ROAD. Rawhide Ranch is up the hill (approx. 3 miles); you'll see the sign on the RIGHT.

From Riverside/San Bernardino:

Drive INTERSTATE 15 SOUTH past Temecula. Take HWY 76 exit WEST towards PALA/OCEANSIDE. Turn LEFT onto OLD HWY 395 (at gas station plaza). Go up to top of hill. Turn RIGHT onto WEST LILAC ROAD. Ranch is approx. 1.6 miles ahead on your left.

For MAPQUEST Directions—our physical address is 6987 W. Lilac Rd, Bonsall, CA 92003



What To Bring

Jeans (no capri length)
Shorts
T-shirts (no spaghetti straps please)
Pajamas
Socks/Underwear
Jacket/sweatshirt
Tennis shoes (required for vaulting—no slip-on styles)
Cowboy or sturdy shoes/boots (required for riding/animal care)
Shower shoes
Hat (Cowboy or baseball-style)
Bandana(s)
Toiletries
(soap,shampoo,comb/brush, toothbrush, toothpaste, etc.)
Bath towel/washcloth
Swim suit (Girls, no bikinis please) -summer camp only
Pool towel
Sunscreen
Sleeping bag/pillow
Spending money for snacks (\$20-40)
Disposable camera—be sure to put name on it
(Leave those expensive digital cameras at home, please!)
Pre-addressed/stamped envelopes
Stationary/pen
Flashlight
Refillable Water Bottle
Bag for Dirty Laundry
Extra garbage bag to re-pack sleeping bag on last day
(PUT NAME ON BAGS -The bags all look alike on check-out day.)
Bug spray—optional

What to Leave at Home*

All electronic games/equipment
Cell phones**/pagers/CD players/radios/Ipods/MP3/PDA's
Pocket knives, personal sports equipment
Please leave all pets/animals at home—even during
check-in & check-out

*For safety reasons, pocket knives, illegal substances and hazardous materials (e.g. matches, fireworks, weapons, etc.) are prohibited. Any prohibited item (or other inappropriate /hazardous item) brought to camp will be held at the office until the end of the camp session. Any cell phone brought to camp will be safely stored in the office until the end of camp session. **For the safety of all campers, please do not ask your camper to hide a cell phone in their luggage that might be borrowed by another camper without your camper's knowledge.**

****Why we do not allow cell phones at camp:**

Time at camp can play a vital role in the social development of children.

In the fast-paced media saturated society we live in today camp helps kids slow down a little bit. Much communication takes place over the phone or while sitting in front of a computer screen. How many of you have waited in the checkout line of a grocery store next to someone who will not get off the phone and communicate with the clerk?

Camp encourages its participants to connect with the people around them and to develop a sense of community. Peer relationships, social comfort and one-on-one communication are skills that camp can pass on to this new generation of children.

Camp is a great way for children to test out their ability to adapt to change, welcome new peers into their social circle, and develop as an individual.

We find that cell phones disrupt the camp program and can keep campers from fully integrating into the camp culture.

However that does not mean that we do not want to communicate with parents. If there is ever a problem we would be happy to talk with parents. We also want you to know that if there is a serious problem, we will let that child communicate with you. Parent and child are never truly out of communication.

We thank you in advance for helping us to insure the safety of our campers and staff by respecting these policies for attending Rawhide Ranch.



Lost & Found

Rawhide Ranch is not responsible for lost, damaged or stolen items. Please leave all expensive items and "favorite" clothing at home. Label every item plainly with your child's name to help us in locating any item you report missing. All lost and found will be held for two weeks after camp session before being donated to a charitable organization. Rawhide Ranch asks to be reimbursed for cost of return postage.

**What To Expect On
The First & Last Day Of Camp**

Sunday Check-In

Check-in is between 1:00-4:00 p.m. on Sunday. Typically, the busiest time at check-in occurs from 1:00 – 2:00 p.m. For less waiting time, consider delaying your arrival until after 2:00 p.m. Our staff will be involved with final preparations for camp until 1:00 p.m., so an earlier check-in is not possible. Please do not ask us to make an exception. The check-in process begins on the porch of the Hotel on Main Street. **For the safety of other visitors and the ranch's animals and pets, please leave your pets at home.**

All campers (regardless of age) must be accompanied by an adult to check-in.

Be prepared to walk to the cabin areas with your camper and their luggage. Check-in time at Rawhide Ranch is filled with lots of fun and activities for everyone to enjoy. We encourage parents to help get their child settled in and then take time to meet their child's counselor and cabin mates. We kindly request parents leave camp prior to camper orientation at 4:00 p.m.

Camp Photos

We offer the opportunity during check-in for families to order camp photos (both all-camp and cabin photos). Photos are mailed to your home by the photographer and take 4-6 weeks for delivery. Cash or checks payable to the photographer at time of order.. (No credit cards accepted for photo orders.)

Pony Bucks

Be sure to stop at the Pony Bucks table to exchange your camper's "allowance" for Pony Bucks. The campers do not use cash during their stay at Rawhide Ranch. Campers generally find \$20-40 per week sufficient.

Be sure to take time to enjoy all the festivities during check-in.

*Old West Re-enactors

*Country Music

*Refreshments

Follow Rawhide Ranch on **Facebook**.

Be sure to look for the Rawhide Ranch Logo.

Follow Rawhide Ranch on **Twitter**: therawhideranch

Camper Health & Medication—IMPORTANT INFO—PLEASE READ

A health care specialist is in residence at our Health Lodge and will be available during check-in. **All medications (including prescription or over-the counter drugs, vitamins, and all other supplements) must be brought to camp in the original container (as purchased or issued) and turned in during check-in.** Containers must detail the name of the child, name of medication, directions for dosage and the name of the person ordering the medication. **It is important for the safety of all campers in a cabin that ALL medications (even over-the counter medications) be kept in the Health Lodge—medication that is safe for one child may not be safe for another.** To avoid any unforeseen health issues we also ask that parents not use camp sessions as a time to try new dosages or new medications for their child. **For easy access during check-in do not pack any medications in your camper's luggage.**

Parent(s) of campers will be notified of all injuries and illnesses that require medical attention of a licensed Physician. In the case of a medical emergency the parent(s) will be contacted as part of the emergency plan. If the injury or illness is not an emergency but in the opinion of Rawhide Ranch's Health Care Administrator a Physician needs to be consulted the parent(s) will be contacted as to their wishes regarding the situation.

We reserve the right to send a child home if our health care specialist or a physician so advises. If you plan to be away for any length of time during your child's time at camp, please arrange for a relative or neighbor to be available to pick up your child should he/she become ill. Please indicate this person on the Camper Release Form when you check your child in at camp.

Saturday Check-out

Plan to arrive on Saturday between 9:00-9:30 a.m. to check-out your camper. Stop at the hotel to complete the check-out process and then proceed to the show arena. For the safety of our campers identification is required at check-out. **The show begins at 9:45 a.m.** Please do not go into the housing areas prior to the show as our campers are changing and preparing for the show during this time. Your camper will meet you at the show arena after their event. **Again, please leave pets at home.**

Consecutive Sessions (summer only)

Campers registered for consecutive sessions will participate in the program we have in place for them Saturday afternoon until Sunday afternoon when the next group of campers arrives for the week. Parents/guardians are welcome to come for the Show on the Saturday between their camper's sessions. If you are planning to take your camper out for a few hours on Saturday we request they return no later than 4:00 p.m. If the return would be later than 4:00 p.m. we ask that the camper wait and return on Sunday morning. If your camper would like to leave the ranch on Saturday afternoon with an adult other than a parent the ranch must have prior written authorization from the camper's parent/guardian.

Wondering what your camper's day will be like? Here's a typical day:

6:45 a.m. Wake up call
7:30 a.m. Breakfast
8:00 a.m. Animal Care
8:45 a.m. Class/Elective 1 & 2
10:15 a.m. Coffee Break
10:45 a.m. Class/Elective 3 & 4
12:15 p.m. Lunch
1:00 p.m. Rest time/Mail call
1:30 p.m. Class/Elective 1 & 2
3:00 p.m. Coffee Break
3:15 p.m. Class/Elective 3 & 4
4:45 p.m. Animal Care
5:30 p.m. Dinner
6:00 p.m. Organized free time followed by all-camp activity
8:30 p.m. Coffee Break
9:30 p.m. Lights Out

The daily class schedule includes riding, animal science, horse science, and vaulting.

Regularly scheduled electives include swimming, riflery/archery, vaulting, driver's ed (harnessing pony carts), farm life, intro to rodeo, camp newspaper, climbing tower, drama, roping, sports, country dance, craft, movie.

Rotating scheduled electives are based on the talents and interests of our counselor and program staff. Previous electives have included dance, nature study, astronomy, singing, exercise, first aid, etc.

If there are any electives that you prefer your child not select, please discuss this with your child.

Closing Show

Each camper has the opportunity to participate in the closing show on Saturday. The show begins at 9:45 a.m. and ends around 12:00 noon. Your camper could be participating in riding, animal or pony showmanship, sheep riding or vaulting in the show. The campers are judged in a fashion similar to a 4-H style show. Each camper will receive a recognition of participation and could also receive a place ribbon. The highest award is the Grand Champion Award given to the highest scoring camper. The show is designed to be a fun event with the awards as a part of the event - not the only reason for the activity. Please be supportive and encouraging of your child in whichever show area they may be participating.

Homesickness

Preparing Your Child

For most children (including those who have been to camp before), homesickness is part of the baggage that accompanies a stay at camp. Parents can play a big role in helping their child to overcome homesickness, both before and during camp and, in doing this, grow even closer to their child. New campers enter a situation where they do not know the routine; they do not know other campers' names, counselor names, the geography of camp, etc. Once campers have a couple of days to adjust to the new setting and learn the basic routine, they usually shed their homesickness. Homesickness that lasts beyond the first few days is rare. In the unlikely event that homesickness lingers, you will be the key to your child's adjustment to camp life. When we are aware of severe homesickness, we will notify parents and keep them posted on their child's progress. We ask that you work with us to help make the camp experience as rewarding as possible for your child. Many campers are secretive and are afraid to share their feelings of homesickness with the staff. In such cases, we rely on parents to inform us when they detect or suspect homesickness through mail communications with their children. However, please be aware that mail takes about three days to arrive home from camp and many changes can take place in three days time at camp.

Our approach to homesickness is one that we have found very successful and have compiled through many years of experience. We feel it is important to listen to and acknowledge a child's feelings, but it is also important for parents and counselors to focus on the many positive aspects of camp, such as exciting activities and new friends. Please do not make any "private deals" such as "Just call me if you are unhappy and we will drive up and take you home". These "deals" tend to undermine a child's ability to get through any initial homesickness period. For a parent, it is naturally difficult to not give in to a homesick child's wish to leave camp. We have found that campers make the best of their summer experience when parents fully support their efforts to gain independence and strength while spending valuable time away from home.

Develop Realistic Expectations

Developing realistic expectations about camp is very important. Parents can sometimes over-glamorize the camp experience. ("You're going to have the best time of your whole life!" or "You'll make the greatest friends!") Obviously, going away to camp will be fun and worthwhile, but it is important to make sure your child understands it may not be fun every minute.

Go ahead and talk about the fun they will have; about liking some people more than others; and how hard it is to do everything that is offered at camp. Discuss worries they might have about not being "good" at an activity or about making friends. By doing this, you help "inoculate" children with their feelings so they are better able to recognize and cope with them.

Visit Camp Early

Some children fare better at camp if they are able to actually see where they will be staying. Consider taking a trip some Saturday in the spring to visit the ranch to give your child an opportunity to see the facilities and program in action. Call for details about a camp preview visit.

Cautious children especially need to know: what a cabin looks like inside and out; where the bathrooms are; where they will be eating. Be sure to visit places of particular interest to your child.

Explain to your child that twinges of homesickness are common and nothing to worry about. Reassure them of your confidence in their ability to overcome the normal problems of separation. Together, draw up a set of procedures for being at camp in advance. (“If you’re feeling homesick, what do you think you could do about it?”) Have the child work out a plan. It could include some of the following elements: talk to her/his counselor; write letters to parents, grandparents and friends to ensure a steady supply of return mail; bring some hobby materials or some favorite games to play with others during free times in the day (free time is often when homesickness crops up. They are all ideas that Counselors and the Camp Director will also suggest and help to facilitate, but it helps a camper to think about them in advance with his/her parents.

Kids are often able to link home and camp more readily if they bring a “transitional” object with them. This can be a photograph, a favorite teddy bear, a good luck charm or even a blanket. Such transitional objects keep the connection with home fresh. Writing letters home also makes their time away easier.

Practice Separation

It is recommended children and parents practice separation well before camp begins. Children can start gradually with an overnight away and work up to weekends (perhaps at their grandparent’s house or with a good friend from school).

When is my child ready for camp?

There is no formula, but some signs that point to a good first experience:

- The child enjoys spending the night with friends or relatives.
- The child has been to day camp and did well.
- The child feels comfortable in new situations apart from the family.
- The child can go to camp with a friend and stay in the same cabin.

Other Tips

- Send your child to overnight camp only when he or she is ready, not when cousins or friends are ready. There is no “right” age, just the right time for each individual child.
- Before your child goes off to camp, reassure your child: “Yes, you can succeed and have a wonderful experience.” Do not discuss how much you will miss him/her.
- Write and send letters before camp begins so your child will have them when they arrive, but do not talk about fun things he/she is missing/ missed or tell them how much you will miss them. Keep the letters fun and light-hearted.

Homesickness While At Camp - What to Expect

When children are first away from home, they may experience several days of mild to severe homesickness until they become adjusted to camp. Letters written during the first few days of camp may reflect this. Children generally gain independence and self-reliance from seeing their camp experience through to the finish. We will help your child feel connected to and supported by camp. If you anticipate or sense homesickness in your child, please speak privately with your child’s counselor during check-in.

How Parents Can Help

At camp, many children will test their effect on their parents and their own capacity to separate. At these times, it can be difficult for parents to insist their child follow through with camp. However, for school-age children, helping them deal with frustration, disappointment, conflict and sadness while remaining in their situation is appropriate. Giving your child confidence in their ability to cope with the difficulties of daily life and experience in handling an appropriate degree of discomfort and problems is good parenting because it helps them be independent, separate and strong.

In speaking to a homesick child, the best thing a parent can say is “I know you’re feeling homesick. It’s normal to have those feelings. I want you to make the adjustment and I feel confident that you can and that you will. I want to help you in any way I can to settle in. I don’t expect you to be happy all the time or to stop missing us and missing home, but I do expect you to stay there and deal with the feelings you have. We’ll write to you often and you will see through the commitment you made.” Let your child know that camp is a commitment and that he/she is a person who respects and honors their commitments and gets satisfaction from following through (even though it might not always be easy all the time).

Once the option of going home is closed, the work of adjusting to being at camp can begin. Most cases of homesickness fade away rather quickly, if treated with a little attention and recognition. We try to help the camper to make a place for him/herself within the camp community. Tough cases require a triple dose of effort, involving cooperation between parents, the camper and staff.

Common Pitfalls

With the “try it for one more day” approach, we find campers typically stay exactly one day longer and then demand their parents make good on their promise. When they do, the loss is many-fold; the camper has uncertainties about their capacity to handle independence and has lost out on a great learning experience from which they had begun to gain many new skills and friends. It may be a long time before they will feel ready to break away.

Another common mistake is to “bribe” a child into staying at camp. Linking a successful stay at camp to a material object or other experience sends a message that camp is worth it just for a material object. The reward for fulfilling their commitment to stay at camp should be their new found confidence and independence.

There is a loss at camp, too. The amount of energy that staff and campers put into helping a homesick camper creates close ties. That invested energy pays off in great emotional involvement when homesickness is overcome. We hate to see campers leave camp early and we miss them when they go. Finally, other campers may become homesick or have their homesick feelings magnified by their friend’s departure.

Tips for Parents Coping With Homesickness at Camp

- If your child sends letters saying “I hate camp. I cried last night. I can’t sleep at night,” **DO NOT PANIC**. Send reassuring, supportive letters and talk candidly with the Camp Director to obtain his/her perspective on your child’s adjustment. Homesickness is not a 24-hour-a-day affliction. It comes in temporary waves at odd moments of the day. Most homesick children have fun most of the time. Their fellow campers and counselors see their whole range of feelings and behavior – the parents hear only of the miserable moments in the most recent letter.
- Our experience at camp is that telephone conversations with parents tend to encourage homesickness in campers, so campers are not permitted to initiate telephone calls home. Do not forget to **reach a verbal agreement ahead of time with your child to honor our “no phone calls” policy**.

- If your child asks to speak with you on the phone, we will talk with you in advance about it. When speaking with your child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take them home early. Let him/her know it will be an adjustment for the whole family, but it is a worthwhile experience and part of growing up. Speak with your child for a moderate amount of time. Reinforce the positive aspects of camp.
- Do not feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
- When it is time for the call to end, ask your child to pass the phone to the staff person, who will be there for the duration of the call. This will give you a chance to talk with a staff person and make for an easier transition than hanging up on your child.
- Trust your instincts.
- If all efforts fail, your child may go home. If their stay at camp is cut short, focus on the positive and encourage your child to try camp again next year. We will never make them feel guilty about it and we hope you will support us in that. Say, "I'm proud you stayed as long as you did". If your child says, "Never again," while you are hugging him/her quietly say, "Never is a long time. Perhaps, one day you will tell me that you are ready to go to camp."

Article: "You Can Try or You Can Just Give Up: the Impact of Perceived Control and Coping Style on Childhood Homesickness" by Christopher A. Thurber, Ph.D. and John R. Weisz, Ph.D., University of California, Los Angeles, in Developmental Psychology, Vol. 33, No. 3. Complete text available from American Psychological Association Public Affairs Office. Phone: (202) 336-5707 or e-mail: public.affairs@apa.org.

Article: "Handling Homesickness at Camp" by Susan Herman. Complete text available at www.interlocken.org/family_handbook/article.htm.

Also our thanks to Camp Seymour for providing information from their handbook to utilize in preparation of this Parents' Guide.



**RAWHIDE RANCH
AUTHORIZED CAMPER RELEASE FORM
(Turn in at check-in or mail/fax prior to camp.)**

This document identifies persons who are authorized to pick up the below-named child at camp. Only authorized adults listed may pick-up children from camp. Identification may be requested for your child's safety.

Camper's Name _____

Registered Session(s) _____

Custodial Parent: ___ Both ___ Mother ___ Father ___ Other
_____ (name)

Should the camper need to leave camp for emergency reasons when I am not available or at the end of the camp session I authorize the following persons to pick up my camper:

Name	Relationship to Camper	Day Phone	Evening Phone

Parent/Guardian Signature _____

..... Please do not write below this line.

I am picking up the above-named camper at Rawhide Ranch

Signature _____ Date _____