

Ready, Set, Go!

Five Areas of “Readiness for Camp!”

This survey is intended to help parent determine whether their camper (young or old) is ready for summer camp. Attending a summer camp is often a journey of personal growth for campers and physical, emotional and social development are among the many benefits of a summer spent at camp.

The survey is concentrated into 5 areas of readiness which should act as an indicator of whether your child is ready to attend a summer camp program. Not all of the areas or questions will be applicable to you and your child and often it will depend on the age or development of your camper. For example, Pre K age kids may not be entirely comfortable with all areas of the independence section but a 10 year old camper should be.

The survey was developed by Bob Ditter, a leading child and family therapist from Boston, Mass. He kindly worked with Roughing It to adapt the survey to offer an insight into Day Camp readiness and we would like to thank Bob for all his help and guidance on this project.

Family Relationships

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Does your child have a positive, nurturing relationship with at least one adult relative, family friend or caregiver? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is your child able to ask for help from you or adult about a problem he/she is having at home or in school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Has your child successfully slept over at a relatives' house? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your child usually comply with your requests and follow rules in your household? | <input type="checkbox"/> | <input type="checkbox"/> |

Independence

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Your child is able to put on his/her own clothes. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Your child agreeably wears clothing that fits the weather. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Your child is able to brush their teeth without a lot of prompting. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Your child washes up or gets clean without a lot of prompting. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Your child can ask for help around self-care issues (dressing, eating, bathroom care, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |

Friendships/Social Relationships

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Does your child have some close friends? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your child enjoy play dates? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your child enjoy playing with children the same age as him/herself? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your child share control of the play when he/she is with other children (the choices of games/the conversation/rules)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your child like to go to birthday parties and events? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Has your child successfully slept over at a friend's house? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Has your child had any friends sleep over at your house? | <input type="checkbox"/> | <input type="checkbox"/> |

School

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Does your child go to school with reasonable ease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your child do reasonably well academically? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your child have friends in school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your child follow school rules/comply with discipline? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Overall, is your child happy at school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. If your child on an Individualized Education Plan (IEP), does he or she participate reasonably well with its provisions? | <input type="checkbox"/> | <input type="checkbox"/> |

Life & New Experiences

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Does your child recover from setbacks reasonably well? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is your child able to express his or her feelings or concerns in words reasonably well? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. When your child is upset does he or she eventually ask for and accept help? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your child accept discipline reasonably well? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. If your child has a problem is he/she willing and able to collaborate on problem-solving with a you, a teacher, or another trusted adult in their life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Overall, how does your child approach life and new experiences? | | |

This information is offered to assist you as the parent, in seeing what your child's needs are and to find a camp that best fits your child. Thousands of children who are shy, timid, lack friends at home, or don't do well in school, have come to camp and have flourished! You, as the parent, want to look for a camp that will match the needs of your child.

If you are looking at an overnight camp for your child but they haven't ever experienced having a sleepover with a friend or family member then making sure they have tried that first and enjoyed it will provide you with a good indicator of readiness. If your child does not do well in transitions, you will want to find an unstructured camp where the activities are self-directed and the schedule is flexible. You especially need to let the camp director know if your child does not like or want to follow rules or instruction as being able to keep everyone engaged, included and safe is essential for a successful camp experience.

Talk to the camp director about your child's needs to ensure they have experienced, trained staff and an appropriate program to keep camp a safe and successful experience for your child.