

## **HOW TO HELP YOUR CHILD COPE WITH THE CANCELLATION OF SUMMER CAMP**

### **TAKE A PAUSE**

We know you are juggling a million things right now and we are all used to multi-tasking but at this moment your child needs you to focus on them. A few minutes of undivided attention can have an immense impact. Pause what you are doing, turn off your phone, television and screens, find a quiet space and truly be with them.

### **ALLOW THE FEELINGS**

Allow your child to have their feelings, let them cry, be angry, be quiet, and then let them cry some more. Allowing our children to express with feelings can be hard for parents, we tend to want to reassure and fix. However, affirming that this is an appropriate reaction will help them begin to process and heal.

### **GIVE SPACE**

Give them space and time to express their thoughts and feelings and to grieve this loss. Children and teenagers process and react in many different ways and at different rates. Reacting to grief is not linear, a child who is happy one moment can be crying the next.

### **ENCOURAGE CONNECTION**

Encourage your child to connect with their Camp friends, to reach out to others and not wait for others to call. If it helpful, have them send a note to camp and tell us how they are feeling and who they may want to be in contact with. We can help support this. Supporting, and feeling supported by another person, can help them feel a sense of control over a situation in which they have little control. When ready, encourage your child to think about ways in which they can support others in the community, this is a great time to display compassion.

### **BE PATIENT**

Give them time to process. Some kids may need more time to understand. Some might be angry with Camp, allow them to feel mad, this is part of the grieving process. Be careful not to add your own feelings to theirs. Be understanding if they temporarily lack motivation for school or other responsibilities. Some children might show behaviors that they had already mastered, such as tantrums, disrespect or night wetting. Be patient, they will gain their equilibrium soon.

### **REMEMBER**

Remember that children are resilient. With time and love they will find a way to cope with this loss.