



PARENT HANDBOOK

2024 Summer Season



GREETINGS FROM OUR DIRECTORS

Mi-A-Kon-Da is proud of the camp experience that we provide to each and every one of our campers. We are happy to be able to provide a space where children from ages 6 - 16 can come and connect with one another, experience new adventures and spend their time outdoors all the while having fun and making memories.

This Parent Handbook can be used to support you and your child as they begin (or continue) their Mi-A-Kon-Da journey. Refer to this handbook as often as you'd like when you are talking about and preparing your child for camp. Beginning the camp adventure can be exciting and intimidating all at the same time, for both your daughter and yourself!

The safety, health and wellbeing of all of our campers and staff will continue to remain our number one priority. We are looking forward to welcome everyone to camp this summer and provide a safe and welcoming space for children to explore the outdoors, try new adventures and connect with old and new friends. Our hope is that this handbook gives you insight to how Mi-A-Kon-Da prepares for the summer and provides support to all of our campers and families.

See you in the summer!



"One of the many great things at Mi-A-Kon-Da is that each camper's experience is unique and they can work toward achieving their own goals based on their own interests."

- Camp Mi-A-Kon-Da Parent



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PARENT CHECKLIST

DUE BY: APRIL 1ST, 2024

- Submit clothing order via our Camp Store found [here](#).
- Complete Camper Form (including tent requests), on your [CampBrain account](#)

DUE BY: MAY 1ST, 2024

- Payment of balance ([view your invoice](#) on CampBrain in your household, under the "account tab")
- Review transportation requests made on invoice statement
- Complete [Camper Personal Information Form](#) and [Camper Medical Form](#)

2 WEEKS BEFORE YOUR DAUGHTER'S ARRIVAL

- Email any [Camper Medical Form](#) updates to info@miakonda.com
- Complete [Visitor Form](#)
- Check the [clothing and equipment list](#) to ensure you have everything

RIGHT BEFORE CAMP!

- Pack with your daughter, referring to the clothing and equipment list. This helps her know what she is bringing to camp!
- Refer to the [Camper Experience](#) in the handbook and review with your daughter. This is helpful for both new and returning families!

ARRIVAL DAY

- Review assigned arrival time slot and arrival instructions that will be sent to you by email, at least 2 weeks prior to your child's session

SUMMER MAILING ADDRESS

June 15th - September 1st

Camper's Name

Camp Mi-A-Kon-Da

24000 Wah Wash Kesh Lake

Dunchurch, ON POA 1G0

Tel: 1-905-516-9382*

Email: info@miakonda.com

**Please leave a message and we will return your call as soon as possible.*

WINTER OFFICE ADDRESS

September 1st - June 15th

Camp Mi-A-Kon-Da

756 Mineral Springs Road

Dundas, ON L9H 5E3

Tel: 905-648-9382

Email: info@miakonda.com

SUMMER 2024 DATES:

Session 1: 4 weeks - Sunday, June 30th - Thursday, July 25th

Session 2: 2 weeks - Sunday, June 30th - Thursday, July 11th

Session 2a: 1 week - Sunday, June 30th - Friday, July 5th

Session 2b: 1 week - Saturday, July 6th - Thursday, July 11th

Session 3: 2 weeks - Friday, July 12th - Thursday, July 25th

Session 4: 4 weeks - Sunday, July 28th - Saturday, August 24th

Session 5: 2 weeks - Sunday, July 28th - Saturday, August 10th

Session 6: 2 weeks - Sunday, August 11th - Saturday, August 24th

Session 6a: 1 week - Sunday, August 11th - Friday, August 16th

Session 6b: 1 week - Monday, August 19th - Saturday, August 24th

PREPARING FOR CAMP: FORMS

The first step in preparing for your daughter's camp experience is completing **ALL** required forms! All of the forms can be found on your **CampBrain Account**.

- INVOICE (REVIEW TRANSPORTATION REQUESTS)
- CAMPER FORM
- CAMPER MEDICAL FORM
- CAMPER PERSONAL INFORMATION FORM

INVOICE

- You can access your invoice on your [CampBrain account](#) under the "account" tab in your Household. **All camp fees are due by May 1st, 2024.**
- Payments can be made either by cheque to Camp Mi-A-Kon-Da Inc. or by E-Transfer to plamont@miakonda.com.
- On this invoice, please confirm your transportation selection that you made upon registering. If you need to change this selection, please notify us by email: info@miakonda.com and we will update your account.
- Please give 7 business days for any payments to be processed and updated on your account.
- For International payments, please contact the camp office and we will provide payment options for you!

CAMPER FORM (TO BE COMPLETED BY CAMPER)

- Assist (if necessary) your daughter with completing this form.
- This form is given to her counsellor prior to your daughter's arrival so she can get to know her a bit better.
- This form is also used to track tent requests - **please complete this by APRIL 1st** if you/your daughter have any requests. Tent requests should be mutual between campers.

CAMPER PERSONAL INFORMATION FORM

- Camper Personal Information forms should be completed **prior to May 1st**. This form can be found on your [CampBrain account](#).
- This form is to be completed by you, the parent/guardian. It enables Pam (Director) & Catherine (Assistant Director) to learn more about your daughter prior to her arrival so that they have the information they need to provide the best, positive camper experience.
- If there is anything you'd like to discuss about your daughter that you feel is better done by phone, please don't hesitate to contact us. Email us at info@miakonda.com and we can set up a time to talk.

MEDICAL FORM

- Medical forms should be submitted by **May 1st** with any updates emailed to us at **least 2 weeks prior** to the camper's arrival. This enables our nurse to prepare for a camper's health care needs and relay information to the counsellor and the kitchen staff as necessary.
- Please include as much detail and information as possible on your daughter's [medical form](#).
- Please advise us via email of any last minute changes in your daughter's health information not indicated on the Health Form.
- If your daughter is ill prior to camp, please ensure that she is back to her regular health before she comes to camp. We will make alternative arrival arrangements with you when your daughter is feeling better, if it conflicts with the scheduled arrival date.

VISITING THE ISLAND

- We will be hosting visitors to the island on departure days for our one week and two week campers. Campers staying for the month can have visitors on their departure day and **once** in the middle of the month on the days specified on their visitor's form.

CAMPER HEALTHCARE AT CAMP

Your daughter's personal well-being, safety and care is a priority at camp.

GENERAL HEALTH INFORMATION

- Our camp Registered Nurse is on site and available 24/7 for any camper & staff needs. Camp Mi-A-Kon-Da has on call Camp Doctors.
- If your daughter wears contact lenses, please ensure she has an alternate (either second pair of contacts or glasses).
- We recommend that campers visit their dentist shortly before arriving at camp.
- Medication must be sent in their original containers accompanied by written instructions.

CAMPER CONDITIONS

- Campers with serious allergies and/or conditions must be sure to bring an extra supply of medications or devices. We recommend that campers with an EPI-PEN bring a 2nd EPI-PEN as a precaution.
- Campers who are sensitive to insect bites may wish to bring an anti-itch cream and antihistamine.
- Campers with a history of ear trouble should seek the advice of their doctor and bring appropriate medication. For swimming, they may require "ear putty" for ear plugs. This is available at your local pharmacy.
- Campers with asthma or a condition that requires an inhaler should bring an extra.
- Campers can also bring a fanny pack or carrying case that can be used to carry their devices at camp, if necessary.

HEALTH CONSIDERATIONS

- All staff, CITs and campers need to arrive at camp healthy and prepared to fully participate in the daily life and tasks required on Birch Island. In order to mitigate the risk of infectious diseases being brought into camp, we ask all campers and staff to take extra caution in the 10 days prior to their arrival.

FOOD ALLERGIES & DIETARY NEEDS

- We can accommodate a variety of food allergies at camp, please be sure to include food allergies on the medical form. Special dietary examples such as: vegetarian, celiac/gluten free, no pork, lactose free, etc.
- We can **not** accommodate food preferences or dislikes; Our menu is kid friendly and each meal is well balanced and fits all nutritional needs.
- Campers are encouraged to try everything!

LICE

- We ask that you check your daughter for head lice prior to arrival at camp.
- Head lice can spread quickly in the summer camp environment and while we can take precautions at camp, it is much more effective to have lice treated and removed BEFORE arriving at camp.
- Please make sure your daughter brings her own hairbrush, hair elastics, and understands the importance of not sharing hair brushes, hats or headbands with anyone.

SUN SAFETY

- For protection from the sun's rays, we encourage campers to wear sunhats, sunglasses, sun-shirts over bathing suits and sunscreen with a rating of 30 SPF or higher.

PACKING

You can find the clothing and equipment list [here](#).

- To prevent loss, every article of clothing and bedding should be clearly labeled with permanent laundry marker, iron-on or sew-on name labels. For quality, easy to use labels, visit [Mabel's Labels](#).
- **There is little need to bring items not listed on the packing list.**
- Camp Mi-A-Kon-Da does not accept responsibility for any clothing or equipment that is lost, broken or stolen while at Camp.
- We ask that all campers and families respect our **NO CELL PHONE policy**. Cells must be left at home. Cell phones brought to camp will be confiscated and held in the Director's cabin for the duration of the session.
- All staff members, CITs and campers must follow our alcohol and drug policies. Campers are prohibited from consuming or being in possession of drugs and/or alcohol during their stay at Mi-A-Kon-Da.
- Please try to limit your daughter's luggage to 2 bags and a small bag or backpack is suitable for hand luggage. Avoid using luggage such as a trunk or a wheeled suitcase as our terrain is quite rugged. We suggest an over-the-shoulder duffel bag.
- We encourage all campers and staff to use biodegradable and phosphate-free products (shampoo, soap, toothpaste, etc.). Biodegradable products are available at many grocery stores and pharmacies.
- Please ensure that your daughter comes with at least one pair of shoes she can use for running and active activities.
- Stamped, self-addressed envelopes are helpful for younger campers.

Will my daughter have use of a laundry service?

- Yes! We are pleased to offer a laundry service for campers (included in camp fees). Two week campers can send out their laundry once in two weeks; four week campers can send out their laundry twice in a month. It is important that each piece of clothing is labeled in case of a mix up at the Laundromat.

Is there anything extra I can send with my daughter?

- Yes! Campers who wish to paint or tie dye a T-shirt at Arts & Crafts may bring a white T-shirt to camp for this purpose. The greater the cotton content, the better the dye will take. T-shirts may be purchased at camp and this charge will be reflected on your end of season invoice.
- Campers who are attending camp at the end of month (Session 1, 3, 4 & 6, 6b) are welcome to bring a banquet outfit (dress, nice shirt/shorts, etc) to wear to our final dinner.
- Since all of our campers are involved in swimming programs, it is helpful to send campers with Red Cross, Lifesaving or other swim progress cards if they have them.
- The Clothing and Equipment list is comprehensive and if you follow the suggested guidelines, your daughter will be well prepared.

Things campers should NOT bring to camp:

- | | |
|------------------------|---------------------|
| • Cell phones | • Expensive watches |
| • iPod's & MP3 players | • Jewelry |
| • Stereos/radios | • Cash |
| • Handheld consoles | • Food |

TRANSPORTATION (BUS)

There are two transportation options that you may choose from to get to and from camp: **Bus or Car**. Either method of transportation will take the campers directly to our boat launch and from there, the girls will travel by boat to the island.

Please check your [CampBrain Account](#) to confirm what transportation method you have chosen.

We recommend this option (bus) to our families, especially our first time campers. This provides your daughter with a great opportunity to meet fellow campers along with members of our Counsellor Staff and many of our CITs. Bus transportation is available to and from Toronto for two and four week campers.

Mi-A-Kon-Da bus pick up & drop off location:

[IKEA in Vaughan \(parking lot, section G\) at Hwy 400 & Hwy 7](#)

BUS TO CAMP, LEAVING FROM TORONTO:

BEGINNING OF MONTH (SESSION 1, 2, 2a, 4 & 5)

Sunday, June 30th and Sunday, July 28th, 2024

MID MONTH (SESSION 3 and 6, 6a)

Friday, July 12th and Sunday, August 11th, 2024

- Please arrive at the bus location to camp in your pre assigned time slot:
8:45am - staff and CITs
9:30am - ages 6 - 10
9:45am - ages 11-13
10:00am - ages 14-16
The bus departs at 10:30am.
- Check in with camp staff (they will be wearing neon shirts) and they will give you further instructions.
- Parents are to remain off of the bus to ensure a positive transition for campers.
- Please label all luggage clearly with your daughter's name.
- Hand luggage (i.e. camper's backpack) should include a raincoat, a packed lunch with a drink and a life jacket for the boat trip into camp.
- **Please pack a nut safe lunch.** Campers will either eat on the bus or as soon as they arrive at camp.

BUS FROM CAMP, ARRIVING IN TORONTO:

MID-MONTH (SESSION 2, 2b & 5)

Thursday, July 11th and Saturday, August 10th, 2024

Arrives at Ikea around 5:30pm.

END OF MONTH (SESSION 1, 3, 4 & 6, 6b)

Thursday, July 25th and Saturday, August 24th, 2024

Arrives at Ikea around 2:30pm.

- Please arrive at Ikea at the designated arrival time (mentioned above, based on your child's session).
- Campers will remain on the bus until their parents (or otherwise specified pick up person) arrive.
- One way trip costs \$75 and a round trip costs \$140 +HST.

★ SESSION 2A, 2B AND 6A, 6B PARENTS

Bus transportation is offered one way for your child's stay. Session 2a and 6a campers may arrive by bus or car and must depart by car. Session 2b and 6b campers must arrive by car and depart by either bus or car.

TRANSPORTATION (CAR)

Address to put into your GPS:

Lamoureux Landing (99 McLennan Lane, Wahwashkesh, ON)

Do not enter "Camp Mi-A-Kon-Da" into google maps as this will take you to our camp office in Dundas.

CAR TO CAMP (ARRIVAL):

BEGINNING OF MONTH (SESSION 1, 2, 2a, 4 & 5)

Sunday, June 30th and Sunday, July 28th, 2024

SESSION 2b:

Saturday, July 6th, 2024

MID MONTH (SESSION 3 and 6, 6a)

Friday, July 12th and Sunday, August 11th, 2024

SESSION 6b:

Monday, August 19th, 2024

- Please arrive at Lamoureux landing in your pre assigned time slot:

12:30 - CITs

2:00 - campers ages 6 - 10

2:15 - campers ages 11-13

2:30 - campers ages 14 - 16

- There will be a couple of check in points upon arrival. Please follow the instructions that our staff give you including which direction to drive and where to unload luggage.
- Please ensure that all campers have their lifejacket accessible to use for the boat ride.

CAR FROM CAMP (DEPARTURE):

SESSION 2a:

Friday, July 5th, 2024

Please arrive by 12:30 if you will visit the island, 12:45 if you are NOT visiting the island and picking up your child only.

MID-MONTH (SESSION 2, 2b & 5)

Thursday, July 11th and Saturday, August 10th, 2024

Please arrive by 12:30 if you will visit the island, 12:45 if you are NOT visiting the island and picking up your child only.

SESSION 6a:

Friday, August 16th, 2024

Please arrive by 12:30 if you will visit the island, 12:45 if you are NOT visiting the island and picking up your child only.

END OF MONTH (SESSION 1, 3, 4 & 6, 6b)

Thursday, July 25th and Saturday, August 24th, 2024

Everyone please arrive by 10:00am

- There will be a couple of check in points upon arrival. Please follow the instructions that our staff give you including which direction to drive and where to pick up luggage.
- If you intend on visiting the island, please ensure to complete a Visitor Form on CampBrain at least two weeks prior to your pick up date.

PLACES TO STAY NEAR CAMP

- Parents frequently travel from far distances. If you are interested in overnight accommodations in the area, Parry Sound is just a 30 minute drive away and offers numerous Bed and Breakfasts, hotel & motel accommodations.
- [Click here](#) for a list of nearby accommodations.
- Please remember that this area is very busy in the summer and rooms book quickly.



COMMUNICATION

Birch Island's remote location is unique to Mi-A-Kon-Da; we do not have regular access to electricity. The best and most effective ways to communicate with us can be found below.

COMMUNICATING WITH THE CAMP OFFICE

EMAIL

info@miakonda.com

- Email is the best way to connect with us throughout the summer; Pam & Catherine check their emails on a daily basis and will respond to messages as soon as they are able.
- Please keep in mind that they are not as immediately available as they are during the off season.

PHONE

1-905-516-9382

- This is our summer phone number; if we are in the office, we will answer the phone. However, if you can't reach us immediately, **please leave a message** and we will get back to you as soon as possible!
- Pam & Catherine are often out of the camp office, engaging with campers and staff and supervising the camp program
- We do not permit our campers to talk to parents over the phone - parents and family are encouraged to communicate with their daughters by writing letters

Note: We do not check our social media accounts (Facebook and Instagram) regularly throughout the summer and will not be posting anything. Please refrain from messaging us on these platforms as we may not receive it!

Summer mailing address:

Camper's Name, Camp Mi-A-Kon-Da, 24000 Wah Wash Kesh Lake, Dunchurch, ON
POA 1G0.

COMMUNICATING WITH YOUR DAUGHTER

MAIL

- Campers are always excited to receive and write letters at camp.
- Write soon and often. Mail to camp can take up to 7 days to arrive at camp, so we recommend parents write a letter or two ahead of time so that campers receive mail soon upon arrival.
- Mail delivery to our camp summer address begins June 15th, 2024.
- Please do **NOT** send mail by Purolator, Federal Express, Registered Mail or other couriers. Courier services (e.g. Purolator and Fed-Ex) do not deliver to the camp address. You may send mail by Xpress Post with no signature requirement.
- **There is no one at the mail box to sign for mail.** If it requires a signature, your mail will be sent back to the post office and not be delivered.
- Packages must be addressed accurately, if not the package may be returned to the sender by Canada Post at the senders expense.
- Over-sized packages that do not fit in our mail box are not delivered. This will result in a delay until it can be picked up at the Post Office.
- Because of our location, outgoing mail tends to take longer than incoming mail. Please consider this when expecting mail from your daughter.
- Sometimes parents may receive a letter that is sad or upsetting. This is not uncommon, especially for a first time camper. It is a big adjustment for our campers during the first few days. Please keep in mind that the letter was written a few days prior to you receiving it. If you are concerned, feel free to connect with us and we will follow up.

CAMPER EXPERIENCE

FIRST DAY @ CAMP

Please refer to your assigned arrival time and checklist.

Once your daughter arrives on Birch Island, she will meet her counsellor and tentmates!

ARRIVAL ORIENTATION AROUND THE ISLAND:



Tent photo

This photo will come home with your daughter at the end of her session.



Check the team list in the Ell at the main lodge

Each camper is on a team at camp, there are 4 teams: Beaver, Loon, Heron and Chipmunk. Your daughter will find out her team when she checks the list on the board in the Ell.



Sign the friendship post

In years to come, your daughter will be able to look back on all the friendship posts she signed. A friendship post represents a year at Camp Mi-A-Kon-Da; every year all campers and staff that attend camp sign the post.



Visit & meet Patch (the camp nurse!)

Drop off any medications and receive a lice check.



Meet our Head of Swimming

Campers discuss their swim level and pick up their bathing cap.



Settle in

Tent groups pick up their luggage, head to their tent and unpack their belongings.



Tour the island

Counsellors lead their tent groups around the island to familiarize everyone with their new surroundings.



Why Mi-A-Kon-Da is different?.... I can't count all the ways. As someone with no sisters, I felt like I had a hundred at Mi-A-Kon-Da. As someone who struggled with shyness in the past, Mi-A-Kon-Da helped me realize how important it is to show the world who I am. Mi-A-Kon-Da is like a little known secret that no one on the outside understands. But I'll share it with those on the inside for the rest of my life.

- Mi-A-Kon-Da Camper



CAMP LINGO

Your daughter will come to know many different names and definitions of terms we use at camp. Here is a sneak peek of some "lingo" she may hear around Birch Island and what each of the words mean.

BEAVER BEACH

Kayaking and Windsurfing activities are located here.

BUDDY NUMBER

Each camper receives a number, to be used when they check in and out at swimming. This number can be found on their bathing cap.

CENTRE

Our middle section of campers (10 - 12 year olds).

CIT

Counsellor In Training, this is a month long leadership program. Our CITs are an important part of camp, They help out with activities, tent group responsibilities and camp programs.

DRIFTWOOD

Our youngest section of campers (7 - 10 year olds).

ELL

This is an extension of the Lodge. Campers and staff meet here for activities such as Guitar Club.

EP

Evening program. Each night at camp, the Program Director will plan and organize a camp wide activity for campers and staff.

FRONT ROCKS

Main "entrance" to camp. Look for the flagpole, this is where we meet each morning for flag raising, sing song, and more.

HEALTH CENTRE

This is where the camp nurse lives and sees campers and staff throughout the day.

HOPPERS

Campers who help set and clear the tables at a meal.

LODGE

This is our main building at camp, we eat all of our meals here.

PATCH

Patch is our on-site, 24/7 Registered Nurse who cares for our campers and staff.

POLAR BEAR DIP

Campers can go for a quick dip in the lake in before breakfast.

SENIOR

Our oldest section of campers (13 - 15 year olds).

TEAMS

Every camper is on one of four teams: Beavers, Loons, Herons & Chipmunks.

TUCK

Every Monday, Wednesday and Friday, campers have the option to get a special treat after lunch!

TUCK SHOP

Our camp store that is stocked with essentials for campers to purchase if they run out while at camp. These purchases will be added to your account and billed at the end of the summer.

TURTLE ROCK

A beautiful lookout spot on the East end of the island. We often have campfires, cookouts and special programming here.

BIRCH ISLAND

Mi-A-Kon-Da is located on Birch Island, our 23-acre private property on Lake Wah Wash Kesh, 40 minutes northeast of Parry Sound, Ontario.

LEGEND

 Paths	 Front Rocks	 Health Centre	 Archery
 Beaches	 Camper Tent-Cabins	 Arts & Crafts	 Canoeing
 1 Driftwood Section	 Staff Cabins	 Council Ring	 Kayaking
 2 Centre Section	 Director's Cabin	 Turtle Rock	 Wall Climbing
 3 Lower Senior Section	 Lodge	 Reflections	 Sailing
 4 Senior Section	 Bathroom	 Low Ropes Course	 Windsurfing
	 Showers	 Swim Beach	 Woodcraft





Whether your daughter arrives at camp by bus or car, she will be dropped off at our boat launch and she, along with all her new friends, will load into our camp boats that will take them over to the island. Once she arrives on the island, your daughter will be greeted by Catherine and her counsellor along with her tentmates.

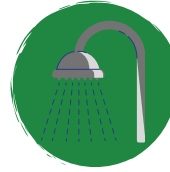
On the island, there are signs that indicate where to go and where you're coming from. The paths are clearly marked and there will always be someone nearby that can help!



DAILY SCHEDULE

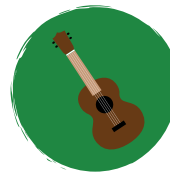
A typical day at camp starts at 7:30am with the wake up whistle and ends between 9:00 and 10:00pm. Over the course of one, two, or four weeks at camp, campers will become very familiar with the rhythm of camp life.

7:30am	Wake Up Whistle
7:45am	Polar Bear Dip (optional)
8:15am	Breakfast
9:00am	Sing Song and Announcements
9:45am	Tidy Tent and getting Ready for Activities
10:00am	Activity Period #1
11:00am	Activity Period #2
12:00pm	Showers 
12:30pm	Lunch
1:30pm	Rest Hour
2:30pm	Activity Period #3
3:30pm	Activity Period #4
4:30pm	Free Time + Showers  
5:45pm	Dinner
6:30pm	Recreational Boating (optional) 
7:20pm	EP (Evening Program)
9:00pm - 10:00pm	Tent Group Time & Lights Out (staggered)



Hot Showers

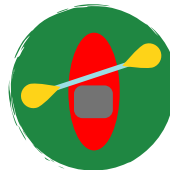
Campers follow a shower schedule and are required to shower every other day.



Free Time

There are a variety of activities and programs that campers can participate in at 4:30PM:

- **Dance Club**
- **Guitar Club**
- **4:30 game with leadership campers**



Recreational Boating

After dinner, campers have the option go boating in our paddle boat or open face kayaks in Canoe Bay, supervised by Counsellor Staff.

HOMESICKNESS

Not all children will get homesick, however it is important to talk about the potential of missing home prior to your child's arrival at camp. Homesickness can happen at any age and especially with younger children, they may not be familiar with the feeling so it's important to prepare them. One of the most important skills that children can learn at camp is independence, overcoming homesickness is a good first step in achieving this! Reassurance and validation are both important aspects of addressing being homesick.

1. REASSURANCE

Camp is a safe place, you as a family have selected this summer adventure for your child. Together, you have intentionally chosen this exciting, new adventure which means that you trust that this is a good choice. Prior to camp, talk about what your daughter's time away is going to look like and reassure her that this is a positive choice with affirmations such as:

- **"I can't wait to hear all about your time at camp, I wish I was a kid again and could do what you're doing!"**
- **"If I was going to camp, I think my favourite activity would be canoeing! What activity are you most looking forward to trying?"**
- **"We are so excited for you to experience camp this summer, you get to be outside all day and I have to work inside at the office, you're lucky!"**

MORE RESOURCES:

1. [Sunshine Parenting Podcast: Episode #39, How to Handle your Camper's Homesickness](#)

2. [Our Kids Net: When Homesickness Strikes, How Camps & Campers Deal with Thoughts of Home](#)

3. [Today's Parent: How to Deal with a Homesick Camper](#)

2. VALIDATION

The icky feeling that starts in our stomach when you're thinking about home and everything you miss. That feeling is totally normal and kids need to know that if or when that feeling starts, they have the skills and courage to address it and overcome it. Validate the fact that if she starts missing home, this is okay.

- **"You're going to have so much fun this summer! There may be some moments when you miss home and you know what? That is okay! It is natural and normal to feel like this and I bet your counsellor knows exactly how you're feeling."**
- **If you start missing home when you're at camp, what's a good way to handle that? Who can you talk to you? What can you do?"**

Whether your daughter is a new camper or a returning one, having this conversation ahead of time will better prepare your child for your overnight experience.

As a parent, it is important that you do not tell your child that you will come and pick them up if they are feeling sad and are missing home. This does not set your child up for success as she will believe that she can go home as soon as she starts thinking of or missing home. It is important to build a foundation for success. Instead, talk about strategies and solutions that your daughter can use at camp to overcome her homesickness. Encourage her to talk to her counsellor, especially if you know that she is a shy or reserved girl who may have difficulty expressing her feelings.



**SEE YOU
THIS
SUMMER!**

We are looking forward to welcoming your daughter(s) to Camp Mi-A-Kon-Da this summer. We know that now, more than ever, a space like camp is exactly where children want to be. The space to explore, gain independence and build their self esteem. A place where they can connect with friends and counsellors, a space where they can be themselves.

The safety and health of our campers and staff remains our highest priority and we look forward to answer any questions you may have about our 2024 summer season.

Below, you can find a list of additional resources that you can explore as you prepare for your upcoming summer camp adventure at Mi-A-Kon-Da.

ADDITIONAL MATERIALS AND RESOURCES FOR PARENTS AND CAMPERS:

- [Preparing for Camp: A Must Read Handbook for Parents of New Campers](#)
- [The Benefits of Sending your Kid to Overnight Summer Camp](#)
- [5 Ways Summer Camp Helps Your Child Prepare for Adulthood](#)
- [Why Making Friends Is One of the Most Important Things That Happens at Summer Camp](#)
- [Canadian Summer Camp Research Project](#)