



Marty Miller - Director

CAMP DIXIE

**29711 Josephine Drive
Elberta, Alabama 36530
(251) 987-1201**

Camp is a great place for campers to try new things and expand their horizons. Many times camp is the first time a child has been away from home for any period of time. Camp Dixie's staff is trained to deal with many types of situations that happen at camp, here are some ideas that can help make your camper's week at Camp Dixie the best week ever!

- **Before Registering your child**

- It is not required, and many great friendships have been started at camp, but you might want to see if you can find a friend (or two) that would be interested in coming to camp with your child. Not only will you get a "new camper discount," your child will likely feel more comfortable with another friend they already know at camp.
- Allow your child to help you decide which camp they should go to. You can help guide them to the week that best suits them! If they are part of the process, they will take more ownership in the decision.

- **Before Camp Begins**

- Talk to your child about things that will happen at camp: You both can get excited about the activities that they will participate in, and they will form realistic expectations about the experience.
 - Will other children from your church be attending?
 - What will a day at Camp be like? (You can check for a basic schedule on the Camp Dixie website.)
- Make sure to fill out your health form completely, including any behavioral issues that would help the camp staff better assist your child (ADD, ADHD, Autism, bed wetting, etc.)
 - Don't worry, this information will only be shared with the Camp Health Care Administrator and your child's Cabin Counselor to handle situations that might arise during the week.
- Help your child get used to their daily routine
 - Brushing their teeth
 - Combing their hair
 - Taking a shower
 - Changing their clothes
 - Any Medications they take (so they can help remind the staff if a medication has been missed or is late.)
 - Getting dressed
- Packing for camp
 - Let your child help you pack, so they know what they have in their bag, and how often they are expected to change clothes. You can also talk about what they will experience when they are wearing certain clothes (example: what should you wear if it starts to rain?)
 - Check the "What to Bring (and what not to)" Sheet on the back of your registration confirmation or on the Camp Dixie website.
- Talk to your child about "what if" situations such as:
 - What if you feel sick
 - What if you fall down
 - What if you find you forgot something when you get to camp

- What if you feel homesick
- What if you lose your flashlight
- Talk to your child about letter writing and practice writing!
 - Mail is a fun thing to send and receive at camp!
 - If your child does get homesick, it can help to write a letter home telling about the activities they are enjoying.
 - Pre-address and stamp some envelopes with stamps so they can send you mail

- **During Camp**

- You will not be able to check in with your child as often as you do at home, we encourage you to write your child letters or emails during their stay at camp!
 - Camp Dixie's address is 29711 Josephine Dr, Elberta, AL 36530
 - The email address to send camper email is mainoffice@campdixieministries.org
 - Please put your child's name on the envelope or email subject line
 - You can bring mail on Sunday for us to deliver throughout the week if you like!
 - This is a helpful hint: It is better to write "we love you" rather than "we miss you." Often telling your child that you miss them makes them feel that they are hurting you by being gone. Tell them you love them and how proud you are of them for spending time away at camp.

- **After Camp**

- Congratulate them on a job well done!
 - Children who learn to cope with situations or events that are potentially stressful, such as going to camp, gain a feeling of mastery of themselves and their environment.
- Talk to them about what they experienced! You will hear about playing dodgeball, and having fun in the bay, but ask them about Bible Study as well!

- **Things you should NOT do (because they will make the week at camp more difficult for your child)**

- Please do not hide a cell phone in their bag so a camper to call you during the week. If you require that a camper call you, please speak to the staff when you check in at camp. We will hold the phone, so it is not lost or stolen during the week at camp.
- Do not tell your child that they can call home (or you will come and pick them up) whenever they feel sad, sick, or that they want to go home.
 - Contrary to popular belief, this makes things worse for your child. Our counselors are trained to respond to campers showing those symptoms. The training the Counselors have received regarding redirecting sad or homesick campers will be completely ineffective if a child believes they can call or go home when they want. Of course our staff will contact you if there are any major concerns or problems while your child is at camp.
- Do not alter your child's medications during their time at camp.
 - This can confuse the child, as they don't feel the same way they usually do when they haven't taken their medication.
- Do not tell your camper they can send you emails. We simply do not have enough computers to make this possible.