

# Capital Camps Parent Program

May 4, 2020

10, Iyyar, 5780



# WELCOME





## Our Goals for Tonight's Program

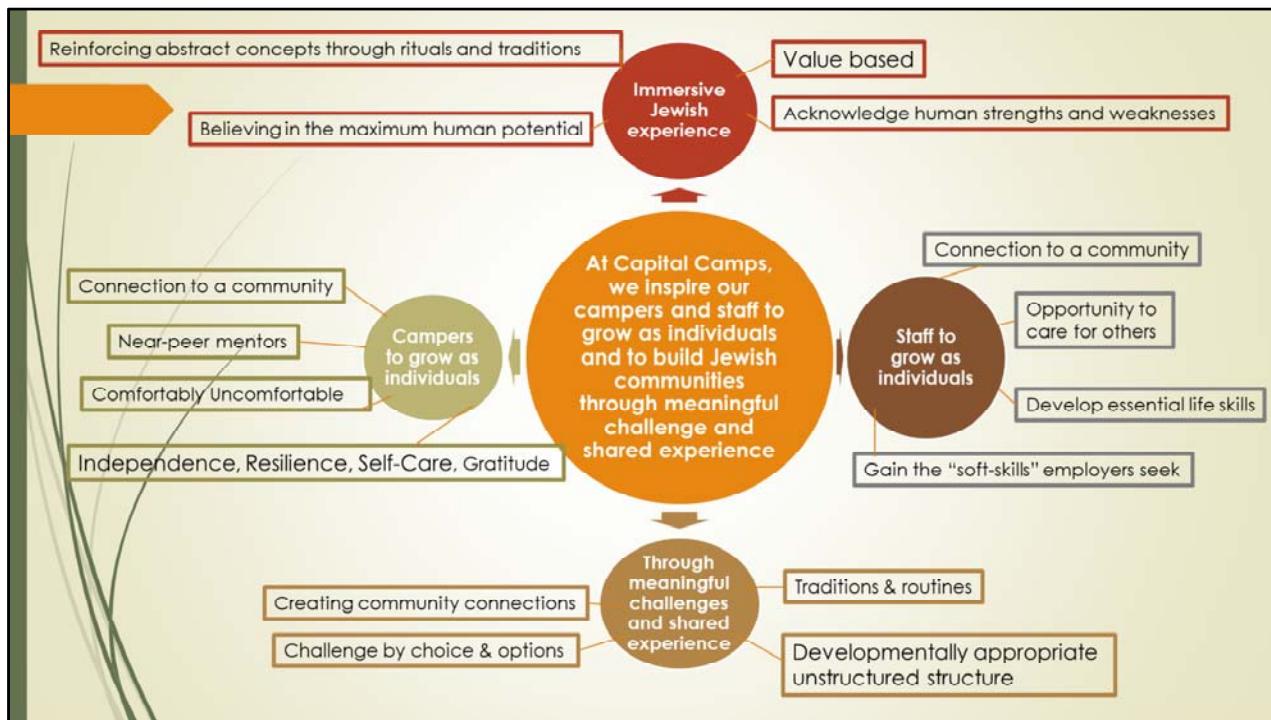
- ▶ To connect with our camp parents
- ▶ To acknowledge it is a difficult time right now
- ▶ To share our camp experience and our knowledge of child development to help your family navigate through this time
- ▶ To provide resources

To connect with our camp parents

To acknowledge it is a difficult time right now due to social distancing and uncertainty – I am sure many of you are wondering what is our decision for this summer - we do not have any new information to share with you at this time, as we have get more information we will continue to be transparent and will share

To share our camp experience and our knowledge of child development to help your family navigate through this time

To provide resources to your family





## Routines provide predictability, reassurance, comfort & security

### At Camp

- **Schedules**
- **Food**
- **Songs**

### At home suggestions

- **Establish schedules and routines**
- **Create new family traditions**
- **Provide choice and welcome input**

#### **Schedules**

What time do we wake up? Go to sleep? When do you get your mail? When do you get your chatif?

#### **Food**

What do we eat for lunch on the first day of camp? On Wednesdays? On Friday night for dessert? On Saturday morning?

#### **Songs**

What songs do we sing when we arrive at camp and get off the bus? Before we go to bed each night? During song session on Friday night?

#### **Home**

##### **Establish schedules and routines**

specific wake up times and bedtime routines

##### **Create new family traditions**

Monday is Make your favorite recipe day, Tuesday is Take your pet rock out for a walk day, Wednesday is Wacky craft day, etc....

##### **Provide choice and welcome input**

Have your child provide input in what is being served at each meal - Musical Wednesdays, Breakfast for Dinner Thursdays, Dessert before Dinner Sundays, etc....



Creating Connections helps children and young adults know that there are caring people who love and support them during difficult times

#### At Camp

- Getting to know you
- Cabin Time Activities
- Village Time Activates
- With siblings at camp and families at home

#### At Home Suggestions

- Disconnect from technology
- Reminisce and share family stories
- Stay in contact with friends & family

#### **Getting to know you**

Ice breakers, didactic encounters, name games

#### **Cabin Time Activities**

Roses-buds-thorns, circle games, sharing time

#### **Village Time Activates**

Shabbat-o-grams, bunk challenges, collaborative learning

#### **With siblings at camp and families at home**

Hugs during B'yachad, color war photos, Shabbat connections

Letters home, receiving mail and emails, hanging pictures

#### **HOME**

#### **Disconnect from technology**

Go on a walk, have a catch in your backyard, do a puzzle, etc....

#### **Reminisce and share family stories**

Take out family photo albums, watch family videos,, make a personalized kahoot, etc....)

#### **Stay in contact with friends &family**

Call, schedule zoom calls, make cards to send, etc....)



Prioritize/Model Self-Care – Children and young adults need to know that their physical and emotional needs are taken care of to feel safe.

#### At Camp

- Physical Needs
- Emotional Needs
- Resources for Support

#### At Home Suggestions

- Schedule in self-care
- Model this for your children
- Reach out for support

### **Physical Needs**

Sleep (Curfews ,rest hour, etc....

Healthy Food/Water (healthy meals, snacks, options, water coolers etc....

Exercise/Physical Activity

### **Emotional Needs**

Quiet Time to Reflect/Rejuvenate

Creative Outlets

### **Resources for Support**

Counselors, Village Leaders, Yoetzot, Mirpa'ah staff, etc....

## HOME

### **Schedule in self-care**

adequate sleep, healthy meals, physical activity, ample down time, and creative outlets to create balance and reduce stress

### **Model this for your children**

Remember the analogy of using an oxygen mask on an airplane

### **Reach out for support**

Utilize outside resources if you feel that your child is struggling



Expressing Gratitude allows us to view the world more positively and to feel that although we cannot control our situation we can control how we respond to it

#### At Camp

- **Gratitude to God**
- **Gratitude to United States and Israel**
- **Gratitude to each other**
- **Gratitude to our counselors**

#### At Home Suggestions

- **Find time to focus on the positive**
- **Do things for others**
- **Spread positive messages**

#### **Gratitude to God**

Modeh Ani, Birkat Hamazon, Hashkivenu, etc....

#### **Gratitude to United States and Israel**

Sing national anthems at B'Yachad, celebrate 4<sup>th</sup> of July, Israel Day, etc....

#### **Gratitude to each other**

Shabbatograms, Secret Sister/Brother/Buddy Program, Gratitude Chug, Wall of Gratitude

#### **Gratitude to our counselors**

CUBA, Staff Shout-Outs, Staff Banquet, Staff Appreciation Fund

#### **HOME**

#### **Find time to focus on the positive**

Create a gratitude journal and write 3 positive things each day, play a “Boogle” type game to see how many things that you list that you are grateful for and compare lists

#### **Do things for others**

Make cards and deliver them to Senior Centers, leave homemade cookies on a neighbor's front porch, create masks and make them available to those who need them, etc...

#### **Spread positive messages**

Call/write 1 person each day and thank them, paint rocks with inspiring messages and leave them in random places, use sidewalk chalk to write messages of kindness outside your house, etc...



Building Resilience by showing our children that not only can they survive challenges that come their way but they can thrive despite them

#### At Camp

- ▶ Overcoming fears and challenges
- ▶ Finding the positives in difficult situations
- ▶ Acknowledging and celebrating growth

#### At Home Suggestions

- ▶ Post reminders about strategies
- ▶ Celebrate growth and achievements
- ▶ Find creative ways to handle disappointments

### **Overcoming fears and challenges**

Sleeping away from home, going down the zip line, learning a new skill, jumping off the wibit, etc...

### **Finding the positives in difficult situations**

All-camp swim on extremely hot days, singing in the rain and dancing in puddles, having a slumber party in the basement of lodge Alef

### **Acknowledging and celebrating growth**

Paper plate awards, writing letters to my future self, listing the strategies that have proven helpful

## HOME

### **Post reminders about strategies**

Create posters with strategies/inspirational sayings to place on the mirror in your child's bathroom, on the wall by your child's desk, etc....

### **Celebrate growth and achievements**

Do a paper plate awards ceremony at the end of each week, do mitzvah for someone, share with others that achieved a personal goals were achieved, etc....

### **Find creative ways to handle disappointments**

Replace a cancelled birthday party with a Zoom call, connect with bunkmates, take graduation photos to share online



## Identifying When Your Child Needs Additional Support

- Even under the best of circumstances, it can be hard to tell the difference between challenging behaviors and emotions that are consistent with typical child development and those that are cause for concern
- Public health emergencies are difficult for anyone to comprehend—especially children.

Even under the best of circumstances, it can be hard to tell the difference between challenging behaviors and emotions that are consistent with typical child development and those that are cause for concern ([www.nimh.nih.gov](http://www.nimh.nih.gov))

Public health emergencies are difficult for anyone to comprehend—especially children. As schools close and we all do our best to prevent the spread of COVID-19, here are some resources to help you take care of your child's mental health, provide structure and activities, and get access to the resources you need.

([www.childrensmentalhealthmatters.org](http://www.childrensmentalhealthmatters.org))

[My 2020 Covid-19 Time Capsule](#)

[Mindfulness Bingo](#)

<https://reformjudaism.org/blog/2020/04/30/how-talk-your-kids-about-canceled-summer-plans>

## Providing Additional Support

### For younger children (including siblings!):

- ▶ Free printable story for children (preschool through elementary) about coping during COVID-19
- ▶ Videos, short articles, tips, and activities from Sesame Street:
- ▶ 3 Minute Body Scan Meditation for Kids & Adults
- ▶ For children experiencing regression

### Helping Tweens & Teens:

- ▶ American Academy of Pediatrics (link includes tips & video):
- ▶ Child Mind Institute
- ▶ Coronavirus Anxiety Workbook: A free tool to help build resilience for teens and adults

### For Caregivers

- ▶ weekly videos

### **Links to resources**

<https://drive.google.com/open?id=11nanJC34xvtJ-WoYoMNocaP33igbpk3P>

<https://sesamestreetincommunities.org/topics/health-emergencies/>

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

<https://www.lernerchilddevelopment.com/mainblog/regression-in-the-time-of-coronaviruswhy-children-take-steps-backwards-in-their-development-in-times-of-stress-and-what-you-can-do>

<https://www.nytimes.com/2020/04/17/parenting/coronavirus-discipline-child.html?referringSource=articleShare>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

: <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

<https://www.mdpyramidmodelself.org/>

[https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors\\_ChildTrends\\_April2020.pdf](https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors_ChildTrends_April2020.pdf)



## Finding Resources in Your Community

- We have created a designated webpage - <https://capitalcamps.org/covid-19/>
- Community Resources from Jewish Federations
  - The Jewish Federation of Greater Washington
  - The Associated" Jewish Federation of Baltimore
  - The Jewish Federation of Richmond
  - United Jewish Federation of Tidewater
  - United Jewish Community of the Virginia Peninsula.

During times of social distancing, it may feel like you are alone and your feelings may be intensified. You are not alone and you and your family matter.

## COVID 19- Implications for Capital Camps

**For Capital Camps to consider operating camp in Waynesboro this year:**

- The physical distancing requirements would need to be lifted (locally and in Pennsylvania)
- We would need to be able to implement the necessary protocols (CDC, local health organizations) to keep our campers and staff physical and emotionally safe; the safety of our community is our top priority

**The type of modification we implement will be determined by our values:**

- Camp is a immersive Jewish experience that cannot be replicated
- Welcoming and including all – implement scenarios that bring to camp as many as possible and provide ongoing virtual opportunities for all who can't physically be at camp
- We need to support to our campers, camp families, and staff
- We are a community

## The Capital Camps Community is and will stay connected



## Capital Camps is your community camp

We are here to partner with you

- Lisa Handelman, Camp Director
- Caryn Lerman
- Michelle Cades
- Emily Greenberger
- Deborah Harburger

