

Notes on Transitioning Home

We know that transitions aren't always the easiest, especially when our campers leave our community after being in a structured environment for so long. To assist in this transition, we do recommend carrying the following camp structures over to home in order to make the changes easier:

- ❖ Although we know it can be difficult around work, travel plans, and family considerations, keeping a schedule and routine is important during the transition. We recommend keeping a few key areas in your camper's daily routine:
 - **Clean Up Hour** - after breakfast every day, our guys spent time cleaning their room. We specifically had a laminated checklist of tasks to keep their room clean, and we positively incentivized our campers to work on this important life skill. We recommend keeping this up at home to continue growth in this area.
 - **Shower Hour** - we did have a daily shower period at camp, and we do recommend continuing to have a specific time of day designated to showering if this is not something you have already built into his schedule
 - **Designated Snack Times** - At 3:15-3:30pm and 8:30pm-8:15pm every day, we had a specific snack period. We know that our guys sometimes struggle with impulsive snacking or getting hungry outside of mealtimes, and this can lead to snack hoarding behaviors or difficulties maintaining weight. We have found that structuring snack times outside of regular meal times is a good way to work on these issues in a constructive way, and we recommend scheduling snack times at home as well.
 - **Morning and Evening Routines** - we worked extensively on specific morning and evening routines to focus on building positive hygiene behaviors. We had visible lists of how to get ready for the day and what to do at night, and we recommend continuing to work on these if your camper struggles to maintain good habits in this area.
 - **Set Wake Up and Lights Out** - at camp, we have a set time to go to wind down and start evening routines, a "lights out" time, and a wake up time. Although we expect almost all our families will already have a set wake up time in place due to school, we do recommend building in a set time to start evening routines, and then a time to officially go to bed and turn out the lights. Having a built in winding down time before routines and bed time encourages healthy sleeping habits.
 - **Technology Free Times** - We know it is unrealistic to expect that our campers will continue to go technology free after returning from camp, but as your son has now survived a couple weeks without his device, we do encourage implementing some "screen free" time each day to encourage family or face to face peer connections, whether that be a family game time, time at the park, reading or drawing time, etc. without a screen to remind your son that he doesn't need his device 24/7, and to build in some time to socialize with family or peers
- ❖ **Help him keep in touch with friends!** It can be hard for our kids to keep in touch after being around others every day and not needing to rely on texting or video chatting to keep friendships going. We recommend helping your son connect with his friends, and set up times to hang out with the friends he met at camp if geographically feasible. Camp Sequoia hosts monthly weekend trips during the school year in an effort to help this process continue, and we recommend that our parents support their son in this endeavor and help him navigate social difficulties with others as they arise to work on developing and maintaining long-term friendships.

We hope these notes help your son with the transition home and continue to be his best social self. We look forward to hearing from you soon!

-Camp Sequoia Leadership Team