

## Jill Levin - Segment 2

You're watching Moms Matter I'm Sheri Yaar your host right here on Focus TV Network Today we're going to talk about camps and when your child is ready to leave for sleep away camp with Jill Levin from tips on trips and camps So Jill welcome to the show Thank you Glad to be here I am so happy to have you I know you are the expert You have been doing this for a long long time 16 years 16 years you've been placing kids in camps right And before that I was a client with my kids Is that right So how do you know when your child is really ready to leave and take off without you to sleep away camp You know there are a lot of indicators to look for I think the first and foremost is does your child sleep out Does he sleep with go to friends' homes or to his grandparents homes to sleep overnight And if he does that that's the first that's the best indicator But there's also do his friends go to camp or does he talk about camp And and it's not just the kids also it's also the parents are the parents ready for their kids to go to camp Right So that's really important too So if I have let's say an eight year old and she slept out at grandparents their cousins and she's begging me to go to camp and I'm ready to send her Would you be inclined to do So you would think to send an eight year old away for two weeks would be ok I think it's great and two weeks would be the minimum I mean a lot of parents want to send for one week but it's barely enough time to make friends to have that real camp experience Ok Well what happens if we get letters sent home saying that you're miserable And I'm crying mommy and I'm miserable and pick me up Then what happens The worst thing to do is to give into that and pick up your child You've made a decision to go to camp and being homesick normal And I often tell parents for first time campers that you should really talk to your child about being homesick that it is normal and it's something they'll probably experience And if the parents are really concerned there's even a book that I recommend that they read called Homesick and Happy by Michael Thompson But it's but the worst thing to do would be to pick up your child Ok So you think you get those letters it's totally normal You let them play it out and then when you go pick them at the end of 234 weeks whatever it is then they feel that they've really accomplished something Right They made it through and can decide then whether to go back or not Ok And would you think it would be ok to send them alone or do you think it's a much better idea to send them with friends I mean what if they find the dream camp that they want to go to But they don't have anyone to go with

What would you do if they're ready to go by themselves I think that's great because it's much easier to go by yourself because then you're at camp and you can spread your wings and meet your friends and you don't have to worry about your friend who might be not having the same experience as you All right Well that makes a lot of sense Ok I kind of feel a little less nervous about it now Um all right Well thank you Jill That makes a lot of sense And we're going to talk next week about finding the right camp for your child Correct So perfect Thanks for joining us You heard it right here on Focus TV network with mom's matter We spoke to Jill Levin about how to know when your child is ready to go away to sleep away camp Make sure to check us out next time on how to find the right camp for your child right here on focus TV Network