

SUMMER CAMP

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Issue 6



Are you looking for more information or support? Call us!
506-862-3783

SELF-CARE

Taking care of you is an essential part of parenting a child with FASD. Making time for relationships and activities you enjoy is important to your health and well-being. Check out this tip sheet for self-care ideas.

<https://www.fasdwaterlooregion.ca/assets/documents/Tip-Sheet-Care-for-the-Caregiver.pdf>

HOW YOU CAN HELP CREATE SUCCESS AT CAMP

Going to summer camp can be lots of fun but the excitement and high energy of the camp activities can be difficult for kids with FASD. This does not mean that children with FASD can't enjoy camp. It means that they need extra support and understanding to have a good time. Here are some helpful tips to make your child's time at camp successful.

TO DO AHEAD OF TIME

- Start early. Pick a camp with as much structure as possible. Call the camps in your area and ask questions about their programs. Ask about what kind of structure and routines they have.
- Tell the camp director that your child has FASD and explain what this means to your child. Let them know they can contact our Centre of Excellence for a FREE FASD 101 presentation to all of their staff, so that the camp staff all learn about FASD to plan ahead and be prepared.
 - **This handout may be helpful for staff:**
<https://edmontonfetalalcoholnetwork.files.wordpress.com/2013/03/summer-camp-tip-sheet.pdf>
- Staff should meet the child ahead of time if at all possible and have plans ready to put into place as soon as the child arrives at camp.

WHILE AT CAMP

- Supervision, supervision, supervision. Set the expectation that your child should be supervised at all times, even during free time. Rules and supervision keep everyone safe and help the child follow rules.
- Children may find it hard to get used to not being in their own home with routines they are used to. Meeting so many new children and adults is stressful to a child with FASD. All these stresses may cause the child to behave in ways we find difficult to understand. Be sure to talk with staff about successful strategies that you use with your child.

The Centre of Excellence has a list of tips for success at camp that they will share with camp staff when they give a presentation.