

How To Talk to Your Camper

Talking to your child about not being able to attend Silver Lake in Summer 2020 is probably not a conversation you've practiced.

We know this is hard, and we hope that the suggestions below will be helpful to you as you and your camper process this difficult news.

LOVE YOURSELF

You are likely feeling pretty overwhelmed yourself right now. Caring for children and figuring out alternate summer plans is a daunting task. Before you break the news to your child, take some time to process your own emotions first. Reach out to a partner, friend, or pastor if needed. Once you are in a calm space, you can help your child process the news.



LOVE YOUR NEIGHBOR

Acknowledge your child's feelings. Don't rush to find the bright side or think of alternatives. Sit with them in their emotion: sadness, grief, disappointment, confusion, anger. No feeling is bad or inappropriate. Join them in their feelings: "I'm so sorry this is happening. I'm disappointed that you can't go to camp, too."



LOVE GOD

As people of faith, we often turn to God in difficult times. Help your child to find a way to talk with God. Prayer can be silent, loud, active, singing, crying. Remind them that turning over our problems to God helps us to find a way forward. Meditation can also be a helpful practice. Start with taking a deep breath, exhaling, and sitting quietly. Your local church pastor is also a great person to lean on in hard times.



LOVE CREATION

When you are ready to look forward, head over to the Silver Lake website for some activities that will keep you connected to God's creation through our camp community. Expect to see more from us in the coming weeks about activities and programs that will help us all to experience God's love in creation this summer from the safety of our own homes.



223 Low Road • Sharon, Connecticut
www.silverlakect.org • 860-364-5526

MORE RESOURCES

The American Camp Association has compiled a list of resources for parents
www.acacamps.org/campers-families/news-resources/covid-19-resources-parents

Silver Lake also has a resource page
www.silverlakect.org/coronavirus

We always welcome you to reach out to us directly
860-364-5526 or slcc@silverlakect.org