

## Is Your Child Ready for Camp?

If you're considering sending your child to Warner-Tully but you're not sure if he/she is ready, use this checklist to help make a decision!

### Self-Care Habits

	Yes	No
Is your child able to choose and put on his/her own clothes?		
Is your child able to brush his/her teeth without a lot of prompting?		
Does your child wash up and get clean without a lot of prompting?		
Has your child taken a shower on his/her own?		
Does your child generally sleep through the night?		
Does your child not usually have severe nightmares?		
Does your child agreeably wear clothing that fits the weather?		
Does your child usually make it through the day and night without wetting himself/herself?		
Can your child ask for help around self-care issues (dressing, eating, bathroom care, showering, etc.)?		

### Family Relationships

	Yes	No
Is your child able to ask for help from you or another significant adult in his or her life when he/she has a problem at home or in school?		
Does your child usually obey your requests and follow rules in your household?		
Has your child successfully slept over at a relative's house?		
If your child has a sibling attending camp, will that ease your younger camper?		

### Friendships/Social Relationships

	Yes	No
Does your child have a best friend?		
Does your child get invited to play dates?		
Has your child successfully slept over at a friend's house?		
Has your child ever had friends sleep at your house?		

### School/Activities

	Yes	No
Does your child go to school with reasonable ease?		
Does your child do reasonably well academically?		
Does your child have friends in school?		
Does your child follow school rules/comply with discipline?		
Overall, is your child happy at school?		
If your child is on an Individualized Education Plan (IEP), does he/she participate reasonably well in its provisions?		

### Overall Psychological Health

	Yes	No
Does your child recover from setbacks reasonably well?		
Is your child able to express his/her feelings or concerns in words reasonably well?		
When your child is upset, does he/she eventually ask for and accept help?		
Overall, is your child generally happy?		

If you answered yes to most of these questions, your child can most likely handle summer camp! To make things a little easier, consider finding a friend to send with him/her!

These questions are adapted from Bob Ditter's *Summer Camp Rules!*