



Is Your Youth Ready for Merry Heart Children's Camp?

This survey is intended to help parent determine whether their camper (young or old) is ready for summer camp. Attending a summer camp is often a journey of personal growth for campers and physical, emotional and social development are among the many benefits of a summer spent at camp.

The survey is concentrated into 5 areas of readiness which should act as an indicator of whether your child is ready to attend a summer camp program. Not all of the areas or questions will be applicable to you and your child and often it will depend on the age or development of your camper. For example, Pre-K age kids may not be entirely comfortable with all areas of the independence section, but a 10-year-old camper should be.

The survey was developed by Bob Ditter, M.Ed., LCSW a leading child and family therapist from Boston, MA and modified to our specific camp.

Self-Care Habits

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Your youth is able to choose and put on his/her own clothes | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Your youth is able to brush his/her teeth without a lot of prompting | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Your youth washes up or gets clean without a lot of prompting | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Your youth can take a shower on their own | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Your youth generally sleeps through the night | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Your youth sleeps independently | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Your youth does not usually have severe nightmares | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Your youth rarely wets him/herself at night or during the day | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Your youth agreeable wears clothing that fits the weather | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Your youth can ask for help around self-care issues (dressing, eating, bathroom care, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |

Family Relationships

- | | Yes | No |
|---|--------------------------|--------------------------|
| 11. Is your youth able to ask for help from you or another adult when he/she has a problem? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does your youth usually obey your requests and follow your household rules? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Does your youth have a positive, nurturing relationship with at least one grandparent? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Has your youth successfully slept over at a relative's house? | <input type="checkbox"/> | <input type="checkbox"/> |

Friendship & Social Relationships

- | | Yes | No |
|--|--------------------------|--------------------------|
| 15. Does your youth enjoy playing with youth the same age as him/herself? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Does your youth share control of the play when he/she is with other youth (the choices of games/the conversation/rules)? | <input type="checkbox"/> | <input type="checkbox"/> |

School

- | | Yes | No |
|---|--------------------------|--------------------------|
| 17. Does your youth go to school with reasonable ease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Does your youth have friends in school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Does your youth follow school rules/comply with discipline? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Overall, is your youth happy at school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. If your youth on an Individualized Education Plan (IEP) does he or she participate reasonably well with its provisions? | <input type="checkbox"/> | <input type="checkbox"/> |



Life & New Experiences

- | | Yes | No |
|--|--------------------------|--------------------------|
| 22. Does your youth recover from setbacks reasonably well? | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Is your youth able to express his or her feelings or concerns in words reasonably well? | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. When your youth is upset does, he or she eventually ask for and accept help? | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Does your youth accept discipline reasonably well? | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. If your youth has a problem is, he/she willing and able to collaborate on problem-solving with a you, a teacher, or another trusted adult in their life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Overall, how does your youth approach life and new experiences? | <input type="checkbox"/> | <input type="checkbox"/> |

This information is offered to assist you as the parent, in seeing what your youth's needs are and to find a camp that best fits your youth. Thousands of youth who are shy, timid, lack friends at home, or don't do well in school, have come to camp and have flourished!

If you are looking at an overnight camp for your youth but they have not ever experienced having a sleepover with a friend or family member then making sure they have tried that first and enjoyed, it will provide you with a good indicator of readiness.

You especially need to let the camp director know if your youth does not like or want to follow rules or instruction as being able to keep everyone engaged, included and safe is essential for a successful camp experience.

Talk to the camp director about your youth's needs to ensure they have experienced, trained staff and an appropriate program to keep camp a safe and successful experience for your youth.