



Dear Parents,

Having to tell *you* that Camp Ramah in the Berkshires will not be up and running as usual for *Kayitz* (Summer) 2020 is heartbreaking for all of us, but it will be especially hard for your children. As you know, each child will react differently to this news.

Below are some pointers that may help you, as the parent, address the cancellation with your camper.

As always, the staff at Camp Ramah in the Berkshires is here for you and your camper. Please feel free to reach out if there is anything that we can do to make this reality a little easier on your family.

B'Shalom,

Elana Fishman

Director of Camper Care

HELPING CHILDREN COPE WITH THE NEWS THAT CAMP IS CANCELLED

Break the News

- If you can, be the first one to tell your child that camp is cancelled. With all the current electronic communication and social media, this may be hard, but even if your child hears the news first from elsewhere, address it with them as soon as possible.

Take Cues from Your Child

- Ask your child how they feel after hearing their summer will be different from expected. Be prepared for some tough questions and try to answer them honestly without using responses that may be frightening.
- Ask your child what they may have already heard about camp being cancelled.

Model Calm

- Let your child know it is ok to be sad, and give them the space to let what they are feeling be “ok”, no matter what they are feeling. Show your child that this too will pass. This is a time when your child, based on your reaction, can grasp what is important in life, even in this very disruptive time.

Be Reassuring

- Let your child know this is a very unusual circumstance and that there will be camp in the future. Remind them that camp was cancelled to keep them and the other people around them safe. Let them know that the people who work at camp are already working on *Kayitz*(Summer) 2021 and ways to prevent camp from being cancelled in the future.

Help Your Children Express Their Feelings

- It is good to allow children a space to express their feelings. If your child doesn't express their feelings through conversation, you can have them draw a picture, tell you a story or bring it up on a walk.

Be Available

- Spend quality time with your child. Return to the topic as often as your child needs. It is ok for them to ask for repeated explanations.

Accept and Hope

- Although it may take some campers longer than others to fully grieve over the loss of a summer at camp, it may help some campers to think towards the future and *Kayitz*2021. Talk with your campers about the future, what they are looking forward to and reassure them that camp will be up and running again soon.

Connect

- Encourage your campers to connect with their camp friends. Help them set up face-to-face calls and virtual playdates. Being able to talk to their peers and hearing how they are feeling will validate their feelings.

**Some bullet points adapted from the Child Mind Institute "Helping Children Coping with Frightening News"*

Additional Helpful Resources

[How to Help Your Child Cope with the Cancellation of Summer Camp](#)

[How to Talk to Your Kids about Canceled Summer Plans](#)

[Ways to Promote Children's Resilience to the COVID-19 Pandemic](#)

[Parenting in a Pandemic: Tips to Keep the Calm at Home](#)

[How to talk to your kids about Scary Situations](#)

[American Camp Association – Covid-19 Resources for Parents](#)