

# **General Information**

## **for Parents/Guardians of Children in the Young People's Program**

### **Drop off/Pick up for the Young People's Program:**

The Young People's Program (YPP) runs from 9:15am to 5:45pm. Although camp can be hectic (especially for families!), bringing your child(ren) to YPP on time really helps teachers with their planned activities and also fosters a sense of routine for amidst a highly stimulating camp environment. It can be challenging for children (especially the younger ones) to feel at ease in a new setting. Feel free to come at 9:00 if you think this would help with the transition.

### **Sign-in Sheet:**

We require parents to fill in a sign-in sheet every day during drop-off, outlining their daily schedule (as best they know). Children cannot be left without contact information for the day. Please come prepared with your daily schedule so that staff may find you if necessary. Except for the 2 & under age-group, program sign-in times are 9:15am and 1:00pm. You may pick up your child early, but you must keep him or her under your supervision for the rest of the day. All children must be signed out at the end of the day by 5:45.

### **Meals in the Young People's Program:**

Lunch is provided in the childcare-area for children in the two youngest groups. The two older age groups eat a supervised lunch in the dining hall together at a designated table. We provide light morning and afternoon snacks (fruits, veggies, nuts, cheese, crackers, rice cakes, corn chips, etc) for all age groups. All meals at camp are vegetarian with vegan options. Special, kid-friendly meals are made by the kitchen staff (e.g. if the adult's meal is spicy, curried-vegetables with rice, YPP will be provided with rice and plain steamed vegetables). The dining hall is able to provide cow, soy and rice milk, but if your child has other special dietary needs (e.g. needs baby-food, formula), please bring what you need for the duration of your stay. If you have questions regarding food or allergies, please contact us.

### **Health Care at Camp:**

The Wellness Center at camp provides basic emergency supplies and all YPP groups have basic first aid kits with them. However, we strongly suggest that you bring what you need to treat your child in the event of an illness. In previous years, we have seen cases of the flu, colds, poison ivy, sunburn, strep throat and, bug bites -- including ticks

and head lice (**Please note:** we strongly encourage families to check for ticks and head lice daily. Please also check for head lice the week prior to camp. Early detection can prevent a community-wide infestation). Children who are ill (fever, chills, flu, sore throat, digestive disruptions, vomiting, etc.) and/or have contagious conditions (head lice, eye infections, strep throat, etc) will not be allowed into the YPP. Parents need to care for their children in these circumstances. On a more positive note, many members of our staff are trained in first aid and CPR, we are diligent about hygiene, and we've experienced very few health problems at camp over many years (knock on wood ;-).

### **What to Bring:**

While at YPP, each child will need an extra set of clothes, a bathing suit and towel, sun protection such as a hat, and sunscreen (as well as "special items" such as a favorite blanket, stuffed animal, doll, etc.) -- *all labeled if possible*. Other items that are nice to have at camp include: slippers (cabin floors can be cold in the morning and shoes must be removed); enough clothing to dress in layers (we often have chilly evenings and mornings, but hot afternoons), fun costumes, instruments, sports equipment, and shareable toys. For young children, portable high chairs (especially the ones that "clip" onto a table) and carrying packs or sturdy strollers are very helpful. If you have a child who is potty training and/or in diapers, please include extra diapers and an extra change of clothes. All of these items can be left in your child(ren)'s cubby (**Note:** To prevent lost items, it is very helpful to have everything for your child contained in a bag or backpack). Outside of YPP, families often like to have a wash basin, laundry detergent, clothesline, and clothespins for cleaning/drying clothes; extra towels, blankets, and washcloths.

### **What not to bring:**

We prefer to keep "war" toys (soldiers, guns, etc), electronic toys, and hand-held computers out of the YPP. Most families find it easiest to leave them at home. We do not advocate bringing children's bicycles to camp (they often result in conflicts and accidents). If you do bring one for your child, be sure to bring a helmet, and be aware of the hazards involved - such as hidden roots on the paths, tent ropes, gravel driveways, people strolling in the evening, and other children begging to use the item.

### **Parent Chores:**

All adults at camp are required to do chores. If you are a parent of a young child (five or younger) you have the option of doing *some* of your chores in the YPP and single parents of young children can do *all* of their chores in the YPP. During registration you can sign up to do chore shifts in the YPP. You must then go to the YPP Staff and

arrange scheduling. Parent chores in the YPP might include supervising small groups of children, tidying up a cabin, cleaning a bathroom, or preparing snacks. We realize it can be difficult (especially for young children) to share mom or dad with other kids, but in the interest of cooperation and community, we welcome parent involvement.

We hope you'll join us at our table in the dining hall at 6:30pm on either Wednesday, 8/1 or Sunday, 8/5 for a Meet & Greet, while we eat. All of us in the Young People's Program look forward to seeing you & your children at camp.

In community,

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