



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to Mini YKnots Camp!

Throughout the summer, your child will be engaged in many different activities which will help create lasting friendships, foster independence, promote an affinity for nature, develop social skills and instill our core values of Responsibility, Respect, Caring and Honesty, all while having a fun and exciting day!

Attached is our “guide” to make the first days of camp easier for everyone...the staff, the children and you!

Please don't hesitate to call us with any further questions or comments you may have now or in the future about camp. We are always open to hearing new suggestions and ideas!

Yours in Camping,
The Mini YKnots Team

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How can my child and I get ready for the first day of camp?

- Talk about camp!
Having plenty of conversations about what will happen at camp, as well as going over the daily schedule will also help your child feel more comfortable and will hopefully excite them for camp!
- Get an early start!
We have found from experience that having a routine and knowing what to expect allows your child to have less anxiety about his/her camp day, and starts your day off right too!
- Encourage independence!
During our daily camp routine, we will nurture your child to become more independent. To make this easier at camp, we encourage you to help your child begin to acquire self-help skills at home, such as:
 - putting on their own shoes
 - dressing themselves
 - cleaning up after themselves

Starting camp after being introduced to these skills will help build your child's confidence and self-esteem. Of course, our counselors are here to guide them along the way offering any help they may need!

To assist in this transitional time, each child will also have a "caretaker" with whom your child will change their clothes with each day. This will help us keep track of your child's belongings as well as allowing the children to form a personal bond with a particular counselor for a smooth transition into camp.

What will my child need for camp?

- A child-sized backpack filled with...
 - a plastic bag to put their wet bathing suits in
 - sunscreen
 - small towel (hand towel if possible)
 - labeled disposable water bottle
 - extra change of clothes - this will be a pair of underwear for the girls and underwear and a pair of shorts for the boys
- A small snack!
 - Your child will eat a small snack daily, since we do not provide lunchtime for our campers. Please keep in mind that we are a nut-safe facility, so please check the labels of your child's snack **PRIOR** to sending it with them. We cannot allow your child to eat a snack if it contains nuts.
 - We also provide Goldfish, graham crackers, and pretzels for children who do not bring their own snacks.
- Sneakers!
 - Your child will be moving all day long. For their safety, they must have sneakers or athletic type sandals with a **CLOSED** toe and a sturdy back strap (no Crocs!).
 - Dress shoes, non-sporty type sandals and flip flops will **NOT BE PERMITTED**.
- Pull-ups/diapers and wipes! (if applicable)
 - If your child still wears pull-ups/diapers you may choose to send in a pack at the beginning of each session or send in daily.

What other procedures must I be aware of?

Water Play

- Please send your child to camp on already dressed in their swimsuit with sunscreen applied and outer clothes over their bathing suit. Even if the skies look grey, please send them in ready to play in the water. We will have them change out of their bathing suits if it starts to rain.

Communication

- You will receive our weekly camp newsletter each Friday, highlighting our camp & giving you the information you need for the week ahead. If you do not receive the SMY Camp News in your inbox, check your spam or junk mail folder, as sometimes our emails end up there. If you still cannot find it, please contact our Marketing Director, Kate at kcestar@metroymcas.org.

Pick Up and Drop Off Procedures

- The Mini YKnots' camp hours are from 9am to 12:00pm.
- Drop off begins at 8:50AM in Room 10 of the ECLC. Please wait until a counselor is in the room so you can sign in before you leave!
- Pick up begins at 11:45PM on the YMCA toddler playground. Please pick your child up PROMPTLY at 12pm! The Mini Knots staff must fulfill other obligations within other programs. You will need to sign a late slip if you pick your child up after 12pm.
- If you need someone other than yourself to pick up your child at the end of camp, you must fill out an Alternate Pick Up form, even if you verify this person on your registration form. You can obtain one of these forms from the front desk of the ECLC or from one of your child's counselors.

Personal Belongings and Labels

- Please label EVERYTHING with your child's name! This helps your child's belongings find their way back to you!

Nut-Safe Facility

- Please be reminded that we are a NUT-SAFE FACILITY. Please make sure your child comes to camp without any nuts, nut products or peanut butter items. Great alternatives are sunflower butter and soy butter.