

# + Tips to Thrive

## Camps for Children on Nutrition Support

Summer camp is a rite of passage that can provide both you and your child the opportunity to grow. Children on nutrition support can use camp to practice independence in a secure setting. For their parents, camp can be a respite and provides a safe environment that allows them to let go.

### FINDING THE BEST CAMP

- + Decide what kind of camp would work best. Some camps have a full medical staff and take children who are on TPN or tube feeds regardless of their diagnosis; others are condition- or intervention-specific.
- + Explore the options and requirements. Find a program with the right length and timing to accommodate your schedule. Programs might accept children from as young as 6 to as old as 17.

### APPLYING TO A CAMP

- + **Complete an online camp application**, which are often available as early as Jan. 1. Often, you will also need to complete a questionnaire about your child and provide medical documents.
- + **Be detailed about your child's medical needs.**
- + If you need financial help, look into scholarships for camp attendees from support organizations such as the [Oley Foundation](#). Some special medical camps are free; others have nominal charges that the scholarships can help defer.

### PREPARING FOR CAMP

- + Talk with your child about what to expect at camp.
- + **Talk with the camp staff and set realistic self-care goals** for your child at camp.
- + **Review your child's specific dietary needs and preferences** with the camp medical and dietary staff.
- + **Pack extra medical supplies** and include contact information for your home health company.

- + **Pack each day's medical supplies together** with each day clearly labeled. Make sure your child's supplies are clearly labeled with their name.
- + **If you are shipping supplies**, make certain that the camp is located in a region served by overnight delivery and that camp staff will be available to accept shipment and refrigerate if necessary.

### ONCE YOUR CHILD ARRIVES AT CAMP

- + **Review your child's care plan with appropriate staff** and update them regarding any changes.
- + **Don't hesitate to call.** Camps expect to hear from anxious parents, and a call can put your mind at ease.

### FAMILY CAMP

A nice way to ease into the idea of camp is to attend a family camp weekend. Parents and siblings can attend. It allows children and their families to sample all that the camp has to offer. After a weekend, you will know whether a full week is a good option for your child and your family.

Letting your child go to camp for the first time requires a leap of faith and the strength to let go. Choosing the right camp for your child and being prepared can make that journey easier.

To find camp options for children on nutrition support, you can visit: [The Serious Fun](#) camp network, founded by Paul Newman.

[Learn other ways ThriveRx can help you](#)  
[Check to see if ThriveRx is an option for you](#)

Call [888.684.7483](tel:888.684.7483)

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