



At **Hidden Pond Day Camp** every day is a new fun and educational experience! Our program offers your child many fun and educational experiences such as athletics, aquatics activities, creative and performing arts and yes, even ice skating every day! We know camp is a huge investment. That is why we take the time to make sure our program reaches all children.

Here are some reasons why our camp program is one of the best investments you can make in your child's development:

1. Campers get to take a break from screen time.

A break from screen time is shown to improve sleep, behavior, and academics. Pediatricians notice a "[ripple effect](#)" when screen time is reduced, that has long-lasting positive effects on a child's physical and mental health.

2. Being outside interacting with nature and enjoying the fresh air improves the brain and body

[Science shows](#) that being outdoors and in nature has several positive neurological effects, especially for children who are spending more time indoors and online than ever before. More time in nature increases happiness and creativity, reduces stress, and may even help children be kinder and more generous.

Being outside also improves our immune systems. This is especially important for children, as it helps them build up their natural resistance. When children come into contact with nature and its surroundings during outside play, they are helping to [reduce the risks of allergies and autoimmune diseases](#) in the future.

3. Why play?

Play isn't just fun, scientists say it helps [build a better brain](#). An NPR investigation showed that, "When it comes to brain development, time in the classroom may be less important than time on the playground." Unstructured, "free" play, which camp provides in abundance, gives children time to practice communicating, collaborating, and negotiating with their peers. These are all important skills for later in life.

In an Academy of Pediatrics article titled, [The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds](#) article states "play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength." "Play is important to healthy brain development." "It is through play that children at a very early age engage and interact in the world around them."

4. What to do to build independence, self-confidence, courage, and stamina in your child.

When children explore new activities, it helps [develop their sense of identity](#), and may lead to discovering new, unexpected passions.

[Camp experiences](#) offer exactly the kind of experience away from home where children grow important character traits like independence, self-confidence, and grit.

5. Camp is a place for your child to build self-esteem, social skills and so much more.

[Studies show](#) that camp helps kids build a "positive identity" in which they feel more confident, more independent, and proud of themselves. This increase in confidence is shown to lead to more success in school, college, and career.

6. Camp is a place to become more resilient and strengthen adaptive skills.

Resilience is "[the ineffable quality that allows some people to be knocked down by life, and come back stronger than ever.](#)" Increasingly, developmental psychologists are realizing that resilient children become happier, healthier adults. [Research shows](#) that factors that lead to resilience include supportive adult-child relationships, building a sense of self-efficacy, providing opportunities to strengthen adaptive skills, and encouraging traditions – all of which take place and nurtured at camp.

Some people are more resilient than others. Like grit, sustained, consistent effort toward a goal even when we struggle, falter, or temporarily fail. It is a characteristic a person can develop. The American Psychological Association (APA, n.d.) created a useful resource titled *The Road to Resilience*. In it, the contributors define resilience as “*the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.*”

Grit is the engine that moves us toward our goal. Resilience is the oil that keeps the engine moving. ([5+ Ways to Develop a Growth Mindset](#))

7. Building childhood relationships that could last forever.

[Recent research](#) shows the importance of childhood friendships on mental and physical health. Children with “good” friends do better in school, have higher self-esteem, and can cope with life’s stresses and transitions. Studies show that camp develops and nurtures lifelong friendships. [Friends are the reason campers and counselors return to camp year after year.](#) At camp, there is time for friendship. Precious, relaxing time to get to know each other, spend time making memories, and communicating face-to-face. Our whole camp community is built around inclusion, respect, and kindness.

8. Kids learn about teamwork and how important it is in life.

[Teamwork](#) is not only important in childhood, but it also helps them succeed as adults. The social skills they learn are almost used in every situation, and help them no matter what career or situation they are in.

9. Why should you pick an ACA Accredited Camp?

ACA Accreditation means that your child’s camp cares enough to undergo a thorough (up to three hundred standards) review of its operation — from staff qualifications and training to emergency management. American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child’s camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety. ([Why ACA?](#))

10. Just because it is the summer does not mean education stops.

Here at Hidden Pond Day Camp, we incorporate [21st Century Skills](#), in everything we do. We realize the importance for campers to develop their minds and bodies all year long. At camp we develop habits, skills, and mindsets that build camper's social, emotional competence, and build positive self-esteem for each child.

What Do Kids Get Out of Camp?

The American Camp Association wanted to identify what exactly kids get out of camp. So, between 2001 and 2004, the A.C.A. conducted research with over five thousand families from 80 ACA-Accredited camps to determine the outcomes of the camp experience as expressed by parents and children. Parents, camp staff, and children reported significant growth in: Self-esteem Peer Relationships Independence Adventure and Exploration Leadership Environmental Awareness Friendship Skills Values, and Decision-Making, Social Comfort Spirituality With just a quick look at the above list one can see the benefits and opportunities that attending camp will afford children of all ages. As parents, you should feel confident that the experience you are providing for your children is preparing them for the future and is giving them a leg-up in their childhood development, a more positive school experience and growth as young adults. In addition, research has shown that camp is a deeply enriching out-of-school-time experience that gives kids the opportunity to practice social and emotional learning skills. We would love to have your child join us for "A Summer to Remember" at Hidden Pond Day Camp.

Call us at 631-232-3222 ext. 201 for more information or to schedule a tour.

Hope to see you in the summer!