

COLORADO
parent

2014

summer

survivalguide

*Colorado
Summer Camp
Ideas*



**STRESS-FREE
TRAVEL TIPS**

14 FREE
OR LOW COST
WAYS TO SPEND A DAY

**POWER SNACKS
FOR HUNGRY KIDS**

ColoradoParent.com

Kid Safety Wear



When considering any summer program, parents are right to be concerned about their child's safety. These days, that doesn't just apply to lifeguards at the pool and good background checks on the counselors.

An alarming number of children are allergic to one or more allergens, so making sure your child and the camp or program know about the seriousness of the situation is critical. Whether your child is allergic to nuts, bee stings, milk or gluten, has autism or has other medical issues such as asthma or diabetes, it is important everyone be informed.

One way to give yourself some peace of mind is to have your child wear a medical bracelet. It reminds your child of their special situation and alerts and reminds all staff members at the same time. Let's say your nut-allergic child accidentally ingests nuts and is having a reaction - the bracelet is a clue to staff about what could be happening and saves critical time in helping them get the proper medical intervention.

Many companies have versions of these bracelets. One in particular, Hope Paige, makes a wide variety of customized medical ID bracelets that are fun, fashionable and durable.

Your child can even help design their bracelet, making the chances that they will wear it at all times even greater.

For more information see hopepaige.com.

- Jean Shell

FOCUS ON ABILITY

Each year the National Sports Center for the Disabled (NSCD) introduces kids and adults of any disability to the experience of playing sports. The free, interactive Sports Ability Clinics focus on instruction, skill development, use of equipment and games and prizes, and include appearances from athletes, coaches and mascots from Colorado's pro sports teams. This year's line-up includes a Denver Nuggets basketball clinic (March 4) and Colorado Outlets Lacrosse clinic (May 29), in addition to a Colorado Rapids soccer clinic, Denver Broncos football clinic and Colorado Rockies baseball clinic (all this summer). Visit nszd.org for camp dates and registration details.



Camp by the Numbers

10 MILLION

More than 10 million American children will participate in camp this summer.

\$690

Average cost per week to attend resident camp is \$690.

75%

Nearly 75 percent of campers try new activities that they were initially afraid to do.

5

The top five camp activities are recreation, swimming, arts/crafts, challenge/ropes, archery and aquatic activities.

Source: American Camp Association

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