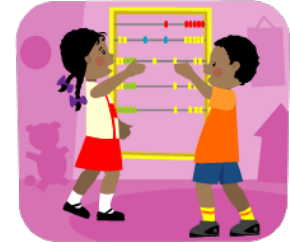


Living Well Tip of the Week



Summer is almost here!

Summer camps fill up fast, so start looking into them as soon as possible.



Here are 5 steps to help you find the best summer day camp for your child:

1. **Consider the familiar:** Many schools, places of worship, workout facilities, and community centers offer day camps. A familiar setting can be good for a reluctant camper.
2. **Solicit advice from other parents:** Word of mouth recommendations can provide feedback from people you trust who have already tried it.
3. **Weigh practicality but look beyond convenience:** An agreeable location, time, and fee is important – but also consider the variety of options to try something new or of interest. Think music, sports, science... Universities, zoos, and museums... If budget is prohibitive, YMCA and others offer need-based scholarships.
4. **Safety first:** Find out about policies in place to protect your child. Ask about background checks and training for staff.
5. **Make it a family decision:** Although parents ultimately make the decision, it's helpful to ask your children about how they want to spend their summer. Children are more successful in programs when they've had their input.

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