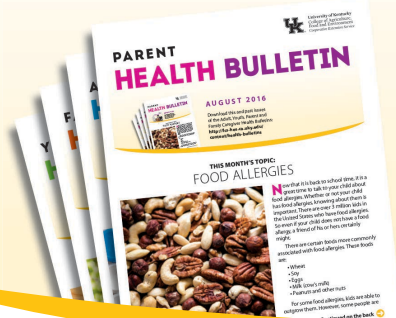


PARENT HEALTH BULLETIN



JUNE 2017

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

DOES YOUR CHILD GET HOMESICK?



Homesickness is not like an illness that you get from germs — rather, homesickness is when you may be upset or sad while you are not at home. For some kids, they want to have fun at a friend's house or an overnight camp, but when they get there they just feel sad, or even scared, and want to go home. When some kids get homesick, they may feel headaches or stomachaches. It is OK for your child to have homesickness. Talking to your child about being away from home and ways to lessen that homesick feeling is a good idea if your child is wanting to have sleepovers or go to overnight camps.

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Talk to your child about being away from home and ways to lessen that homesick feeling.

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Here are some ways that may help your child stay and enjoy all the fun next time:

- **Bring a little part of home:** For an overnight stay, it may be helpful for your child to bring something from home. You may suggest that she bring a favorite toy or wear her favorite pajamas. You may also want to pack a picture of the family that can be looked at from time to time.
- **Stay busy:** When your child is busy having fun, he has less time to think about being home. Talk to your child about the fun he will have, whether it is playing games or staying up talking. If your child is going to an overnight camp, talk about all of the different activities that he will get to try and all of the new friends to meet.

It may be helpful for your child to bring something from home: a favorite toy or a favorite pair of pajamas. You may also want to pack a picture of the family.

- **Talk to someone:**

For some kids, just letting someone else know that she is feeling a little homesick can make her feel better. Whether it is a friend or a counselor, encourage your child to tell someone how they are feeling. Perhaps the friend or counselor will have a funny joke to tell or find an activity to do.

The age of a child may influence how comfortable they are with being away from home. For most children, the time to start having sleepovers is between the ages of 6 and 8. For children younger than 6, a sleepover at a relative's house may be a good way to introduce being away from home overnight. Children, age 8 and older, may be interested in trying an overnight camp for a week or longer. These can be a lot of fun and provide many



adventures, but if your child has never been away from home, that may be a long time.

Talk to your child about staying away from home, whether it is a night or a week. Make sure your child knows what to expect and encourage him to try something new.

SOURCE:

Nemours KidsHealth <https://kidshealth.org/en/kids/homesickness.html>

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