

Enjoy the Positive Impact of Summer Camp on Youth Mental Health with the American Camp Association



Lexington, Massachusetts Jun 30, 2023 ([Issuewire.com](https://www.issuewire.com)) - With numerous benefits of summer camps on young minds and their mental health is something every parent should consider. This is why the American Camp Association is making everyone aware of the good impacts of attending summer camps for young people. But numerous parents don't allow their children to attend because they are not aware of the impact. According to [Get the Kids Outside](#), "outdoor adventures and physical activity" is beneficial when it comes to the mental health and healthy development of young people. Keeping this in mind, the American Camp Association has set up camps in New England where thousands of children can cultivate a "happy place". It will also be a place where individuals are encouraged to be themselves and flourish in a safe, nurturing environment.

The pandemic brought isolation which led to a huge rise in screen time for children and adolescents so it has become more important than ever to provide fun opportunities to reconnect with nature and a community of peers. [Dr. Constance Scharff](#) has also published an article where the benefits of natural camps are written elaborately and lists several tips for caretakers that needs to be addressed and followed this summer.

According to **Dr. Constance Scharff**, the first and foremost tip is to lead the children in summer camps

by example. The camp counselors and frontline staff become role models for the children and adolescents. This is why the American Camp Association trains the staff to both challenge and comfort campers during their summer adventures. Having a fun time at a summer camp and nurturing young minds is also about offering choices. The camps offer both structured and unstructured formats for outdoor exploration and physical exercise. For caretakers, it becomes important to remember that children are more likely to be engaged in any activity when they feel like they have a say in them.

The camps also provide several games as the association believes in making the stay fun. Games, hiking, swimming, climbing, and land and water sports are among the wide variety of fun activities that create fun memories as well. Lastly, coming to summer camps will not only limit screen time among young people but also help the young grow out of their comfort zone.

So the American Camp Association, provides this fun and memorable experience to both the children and caretakers. Get more details at: <https://www.acanewengland.org/>

Media Contact

Aigner Prensky Marketing Group

lcipolla@aignerprenskymarketing.com

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