

# More Than Camp: Building Confidence, Independence, and Connection Through SBANT Camps

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# Why We're Here Today

## Today We Will Explore:

- How structured camp experiences can support developmental growth
- Different readiness levels for families
- SBANT Hispanic Family Camp and Fall Family Camp
- Camp TLC
- Real camper perspectives and lived experiences
- Getting your child ready for camp



**What's a camp memory that  
makes you smile?**



# Independence Takes Time

Independence is built through:

- Encouragement after both success and struggle
- Support that gradually fades over time
- Having a safe environment where mistakes are allowed
- Repeated opportunities to practice real life skills





# Why Experiences Shape Growth



## Confidence

Strengthens confidence in the child's own abilities



## Decision-Making

Helps develop decision-making and problem-solving skills



## Connection

Build connections with the peers around them



# Camp Builds More Than Memories

Camp experiences support development of:

- Self-confidence and independence
- Peer connection and social belonging
- Problem-solving and adaptability
- Emotional resilience
- A positive sense of identity

Coming Spring 2026- A camp testimonial video project featuring:

- Camper experiences and reflections
- Family perspectives on readiness
- A visual introduction to camp life
- A resource families can watch together

# When you think about sending your child to overnight camp, where are you right now?

- Not there yet
- Thinking about it
- Almost ready
- We've done camp before



# What Are SBANT Family Camps?

SBANT offers two family camps at Camp John Marc:

- Fall Family Camp and Hispanic Family Camp in the Spring
  - Hispanic Family Camp March 20th-22nd, 2026
- Overnight experience with family present
- A fully accessible camp environment
- Exposure to routines and daily camp structure
- Opportunities to meet and connect with other families
- Confidence-building in small and supported steps





# Camp TLC

## Camp TLC offers:

- A 6-day residential camp experience at Camp John Marc
- Ages 8–16, Three counselors are assigned to 6 or 7 children in each cabin
- A fully accessible therapeutic camp facility
- Professional medical support on site
- Structured opportunities to practice independence



REGISTER BY APRIL !!

**TLC**  
Camp

SPINA BIFIDA KIDS  
SUMMER  
*Camp*

REGISTER BY APRIL !!

NOW INVITING 8 YEAR OLDS!

**JUNE 7-14, 2026**  
CAMPTLC-SBANT.COM

ADVENTURES SPORTS & GAMES ARTS & CRAFTS

FRIENDSHIPS SWIMMING

Camp TLC applications are open to kids with Spina Bifida age 8-16 as of June 1. Please be aware that space availability is limited and requires full staffing of counselors and nurses. Should there be a shortage in staff or space, the youngest campers will be the first to be wait-listed.



# Medical & Safety Support at Camp TLC



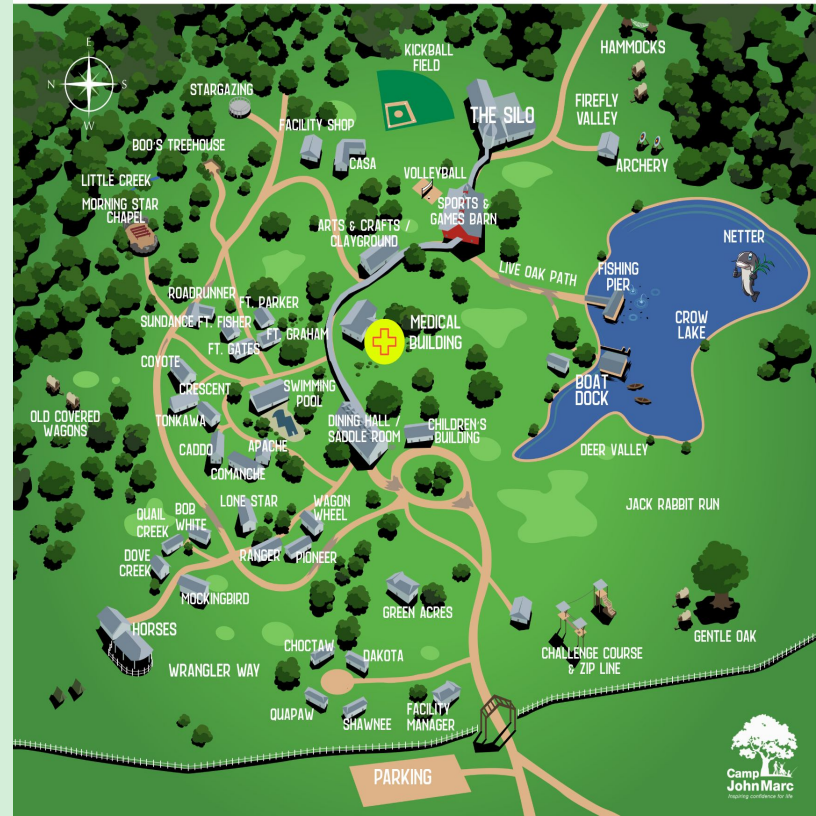
Camp TLC includes:

- On-site doctors and nursing staff
- Supervised medication and medical routines
- Emergency preparedness and safety protocols
- Highly trained volunteer cabin counselors
- A low camper-to-counselor ratio for close support



# A Day at Camp TLC

- Morning: routines + breakfast
- Midday: structured activities
- Afternoon: rest + recreation
- Evening: dinner + social events
- Night: supported wind-down



# What happens at camp!



Many Activities for Every Kid!!

# Water Games



# Karaoke





Archery

## Camp Songs



Furry Friends

# Arts & Crafts



# Fishing





**Projects**



**Zip-line**



**While your child is at  
camp...**



# Getting Ready for Camp Together

## Build Comfort With Time Away

- Have open conversations about camp
- Normalize feeling nervous and use positive language for reassurance
- Talk about what camp will look like

## Practice Daily Independence

- Find ways that your child can help with their own self-care routines

## Grow Self-Advocacy

- Practice asking for help when needed
- Building their confidence through celebrating even small wins

## Know Health Needs

- Understanding their body and routines
- Knowing their allergies and medications
- Practice communication with adults



# Panel





# Panel Discussion

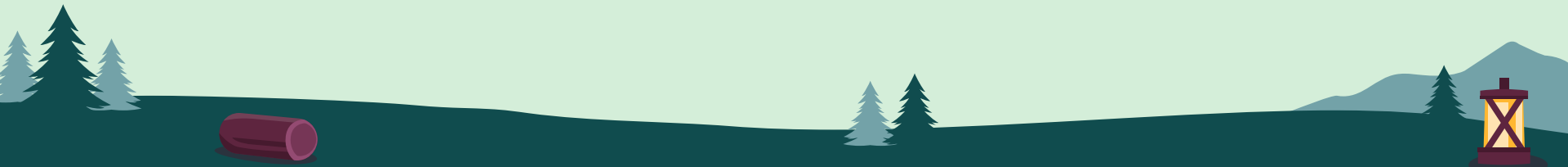


**What has been your favorite camp memory?**

**Were you nervous before going to camp? What helped you feel safe once you got there?**

**Did camp make you feel more confident? How?**

**Did you make friends at camp? What was that like?**





# Closing Reflection

Every child develops independence at their  
own pace

Growth happens in small brave moments

Support and independence can exist together



# Thanks for joining!

**Hispanic Family Camp  
Registration!**



**Camp TLC  
Registration!**



# Resources

Self-Management and Independence Guideline :

<https://www.spinabifidaassociation.org/blog/self-management-and-independence-guideline/>

Transitioning Independence Guideline :

<https://www.spinabifidaassociation.org/blog/transition/>

Preparing Your Anxious Child for Sleepaway Camp :

<https://blog.cincinnatichildrens.org/learning-and-growing/preparing-your-anxious-child-for-sleepaway-camp/>