

RAIN CITY ROCK CAMP FOR GIRLS  
Parent-to Parent Advice

Before Camp:

1. Remind your daughter that bringing her full self to camp is all she needs to do to be successful. No prior music experience is necessary.
2. Ask her what she's looking forward to and hoping to learn at camp.
3. Help her do a little research about the history of women in rock and roll or a particular recording artist she loves. How did this artist succeed? Who helped her along the way?
4. Play some of your favorite tunes featuring female artists for your daughter before she goes to camp.
5. Make sure she gets a very good night's sleep followed by a hearty breakfast before heading off to camp each day. Creativity consumes lots of energy!
6. Clear the schedule in the evenings, if possible. Each child is different, of course, but you may want to reduce commitments after camp so that your daughter has time to relax. The curriculum is rich and layered. Some girls need the down time after such an interactive experience all day.

During Camp:

1. Hydrate at home! If your child is like mine, she may not drink enough water during camp as there is a lot going on to captivate her attention. Give her lots of beverages in the evening to assure that she's replenished before the next day.
2. Ask about her experiences and impressions. Every day, there is a workshop offered. The topics are substantive, which creates a prime opportunity to take the discussion further at home. From the nature of privilege in our culture to social justice, self defense and beyond, your child will have a lot to think about and consider for herself. Coming alongside her to encourage the conversation can be enriching for both of you.
3. Role model resilience. At some point, your child may feel over tired or simply overwhelmed by learning a new song, working closely and intensely with new friends who have diverse perspectives, or the prospect of performing in front of a live audience. We can help our girls by listening to their truth that day and calmly reassuring them. Providing space at home to decompress is most helpful in this regard.
4. Celebrate her creativity! When your daughter plays to a sold out crowd at the Crocodile Cafe, she will come to know herself in a new way. The smile says it all. Please consider inviting friends and family to this magical event. She will be glad you did.