



SUMMER 2019 READ-ALONG SCHEDULE

HAPPY CAMPERS: 9 SUMMER CAMP SECRETS FOR RAISING KIDS WHO BECOME THRIVING ADULTS

WEEK 1: JULY 1 – JULY 7

Camp Secret #1: Connection Comes First

Parents can optimize their children's success and happiness by providing a connected, nurturing family culture wherein close, secure bonds are formed.

WEEK 2: JULY 8 – JULY 14

Camp Secret #2: Catch Them Doing Something Right

Responding calmly and constructively, instead of punitively, elicits lasting, more positive behavioral changes and creates a more productive learning environment.

WEEK 3: JULY 15 – JULY 21

Camp Secret #3: Positive Practices Produce Optimistic Kids

Positive interactions in and out of the home create healthier relationships and happier lives.

WEEK 4: JULY 22 – JULY 28

Camp Secret #4: All Kids Can Be More Independent (Even Clingy Homebodies!)

Helping children develop autonomy and problem-solving skills is essential to becoming a thriving adult.

WEEK 5: JULY 29 – AUGUST 4

Camp Secret #5: Grit Is Grown Outside the Comfort Zone

Between the "Comfort Zone" and "Blackout Zone" is the "Growth Zone," where children may experience discomfort but develop resilience, self-reliance and confidence—all necessary qualities for their long-term success.

WEEK 6: AUGUST 5 – AUGUST 11

Camp Secret #6: Kids Are More Capable Than Parents Think They Are

Expecting kids to delay gratification and contribute to household duties by doing chores helps them to develop responsibility and independence.

WEEK 7: AUGUST 12 – AUGUST 18

Camp Secret #7: Kids Thrive with Structure

A set schedule, clear expectations and simple routines around daily events make family life less stressful and more fun and relaxed.

WEEK 8: AUGUST 19 – AUGUST 25

Camp Secret #8: Make It Cool to Be Kind

When parents value kindness and model respect, kids learn to be considerate and positive contributors to society.

WEEK 9: AUGUST 26 – SEPTEMBER 1

Camp Secret #9: Coach Kids to Better Friendships

Fostering healthy social skills helps improve kids' mental and physical well-being as well as their academic and career performance.

**Discussions Wednesdays at 1:00 pm PT
at [facebook.com/groups/happycampersbook](https://www.facebook.com/groups/happycampersbook).**

 **HAPPY READING!**