



2019-2020 READ-ALONG GUIDE

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

SEPTEMBER

Camp Secret #1: Connection Comes First

Optimize your children's success and happiness by providing a connected, nurturing family culture where kids feel accepted and that they belong.

OCTOBER

Camp Secret #2: Catch Them Doing Something Right

Respond calmly and constructively, instead of punitively, to elicit lasting, more positive behavioral changes and create a more productive learning environment.

NOVEMBER

Camp Secret #3: Positive Practices Produce Optimistic Kids

Grow optimism in yourself and your kids to create healthier relationships and happier lives.

DECEMBER

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

Help your children develop the autonomy and problem-solving skills that are essential to becoming a thriving adult.

JANUARY

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

Develop strategies for handling your own and your child's discomfort; Understand comfort, growth, and blackout zones.

FEBRUARY

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

Learn why kids need to experience delayed gratification and how contributing to household duties by doing chores is necessary to help them develop responsibility and independence.

MARCH

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. Figure out small changes you can make to provide more structure at home.

APRIL

Camp Secret #8: Make It Cool to Be Kind

Show your kids you value kindness and respect and your kids will learn to be considerate and positive contributors to society.

MAY

Camp Secret #9: Coach Kids to Better Friendships

Learn coaching strategies for helping your child develop the healthy social and relationship skills they need for improved mental and physical well-being as well as academic and career success.

Resources and discussions:

[facebook.com/groups/happycampersbook](https://www.facebook.com/groups/happycampersbook)

Live monthly coaching calls & discussions on the third Wednesday of each month.



HAPPY READING!