



# 2020 HAPPY CAMPERS BOOK CLUB

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

**January 15 at 10am PT**

### **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 18 at 10am PT**

### **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 18 at 10am PT**

### **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 15 at 10am PT**

### **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 20 at 10 am PT**

### **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 online meeting links:**

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



**HAPPY READING!**