



9-WEEK READING PLAN

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

WEEK 1

Introduction + 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

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

Camp Secret #3: Positive Practices Produce Optimistic Kids

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

WEEK 4

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

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

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

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

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

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.

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sunshine-parenting.com/happy or
facebook.com/groups/happycampersbook



HAPPY READING!