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Happy Campers

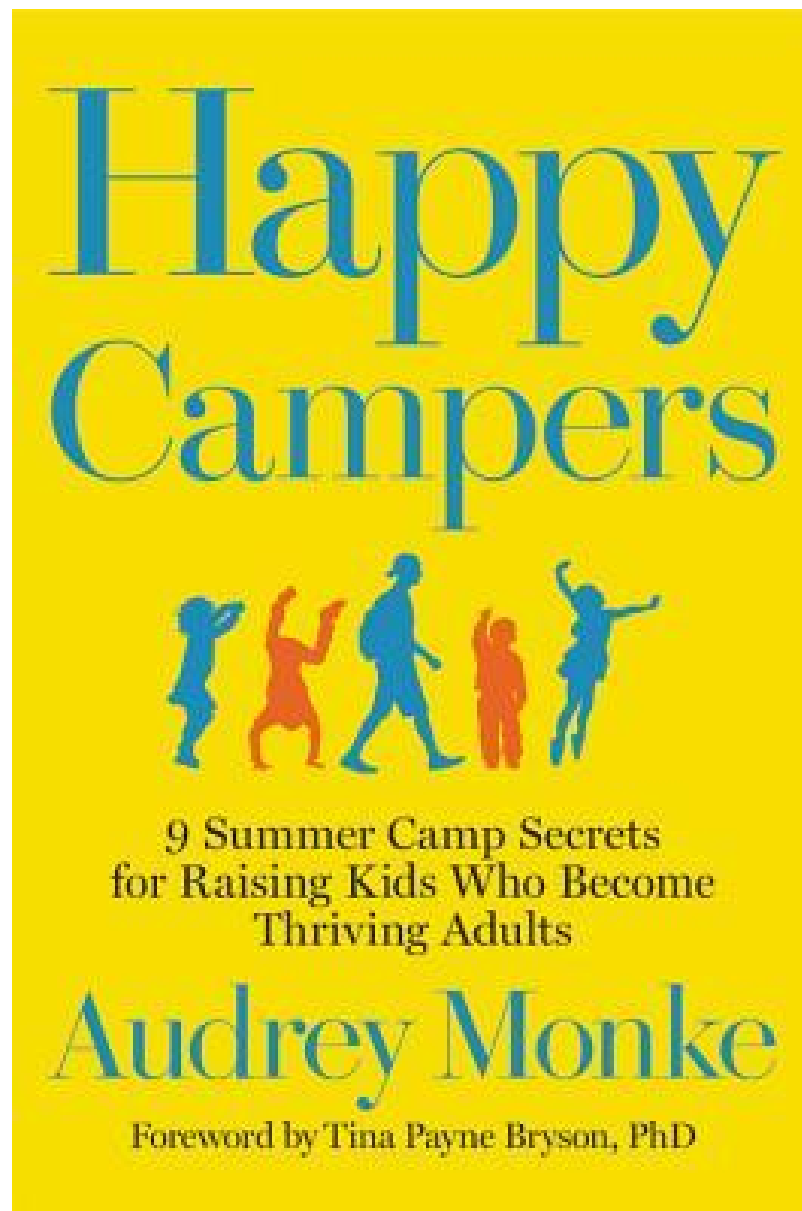


9 Summer Camp Secrets
for Raising Kids Who Become
Thriving Adults

Audrey Monke

Foreword by Tina Payne Bryson, PhD

**Happy Campers: 9 Summer Camp Secrets for Raising Kids Who Become Thriving Adults
by Audrey Monke**



Synopsis:=====

Audrey "Sunshine" Monke, mother of five and camp owner-director, shares nine powerful parenting techniques-inspired by the research-based practices of summer camp-to help kids thrive and families become closer. Research has proven that kids are happier and gain essential social and emotional skills at camp. A recognized parenting expert, Audrey Monke distills what she's learned from thousands of interactions with campers, camp counselors, and parents, and from her research in positive psychology, to offer intentional strategies parents can use to foster the benefits of camp at home. Our screen-obsessed, competitive society makes it harder than ever to raise happy, thriving kids. But there are tried-and-true methods that can help. Instead of rearing a generation of children who are overwhelmed, anxious, depressed, and who struggle to become independent, responsible adults, parents can create a culture that promotes the growth of important character traits and the social skills kids

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