Roaring Brook Camp for Boys

An Annotated List of Readings about Camp and Character

Created by Thayer Raines, ReD., Professor of Youth Development, Adventure Education, and Camp Management

Carter, PhD., Christine (2011). ***Raising Happiness: 10 simple steps for more joyful kids and happier parents.*** **New York, NY: Ballantine.** www.greatergood.berkeley.edu

Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real-world adventures as a mom, Dr. Christine Carter is a sociologist and happiness expert at UC-Berkeley's Greater Good Science Center. Best known for her science-based parenting advice, Dr. Carter blogs regularly for Greater Good. She introduces 10 key steps to help you set the stage for your children's happiness into their adolescence and beyond. (Excerpted from the book endnotes.)

Hoffmeister, Peter Brown (2013). ***Let Them Be Eaten By Bears: A fearless guide to taking our kids into the great outdoors.*** **New York, NY: Perigee.**

Peter Hoffmeister is the co-founder and director of South Eugene High School's Integrated Outdoor Program and veteran rafting, climbing, orienteering guide and adventure writer. This *book is a great enabling read that is fun and entertaining. It provides small and big steps parents* and adults working with youth can take to connect children with the out of doors.

Louv, Richard (2005). ***Last Child in the Woods.*****Chapel Hill:Algonquin.** www.childrenandnature.org

Richard Louv presents a compelling case for a new childhood condition he calls "Nature Deficit Disorder" which is characterized by a lack of connection to the natural environment, fear of wild places, and a preference for indoor, synthetic environments. Other symptoms include increased chances for attention deficits, hyperactivity, depression, anxiety disorders and a loss of problem solving capabilities, and creativity. After identifying the problem, there is a call to action with some suggested next steps that infer that we must all become part of the solution in order to find a cure.

Mogel, PhD., Wendy (2001) ***The Blessing of a Skinned Knee: Using Jewish teachings to raise self-reliant children.*** **New York, NY: Scribner.** www.wendymogel.com

Dr. Wendy Mogel is a nationally known clinical psychologist. A graduate of Middlebury College with a post-doc in the Department of Psychology at Cedars-Sinai Medical Center. She serves on several boards including a Stanford University-based think tank engaged in raising public awareness of the causes of stress in children and adolescents. With warmth and humor in this New York Times best seller, Mogel distills the wisdom of the Torah, the Talmud, and important Jewish teachings, as well as contemporary psychological insights, into nine "blessings" that address key parenting issues. (Excerpted from "About the Author" and back book jacket notes.)

Skenazy, Lenore (2010). ***Free-Range kids: How to raise safe, self-reliant children (Without going nuts with worry).*** **San Francisco, CA: Jossey-Bass.** www.freerangekids.com

Written by "America's Worst Mom" this book is a hilarious look at trying to give our children the childhood we had despite all the societal barriers. Developed from her "Freerangekids" blog and the publicity firestorm that was ignited from allowing her nine year old son "Izzy" ride the subway alone, Skenazy presents "A bubbly but potent corrective for the irrational fears that drive so many parents crazy". (Robert Needlman, M.D. coauthor, *Dr. Spock's Baby and Child Care).*

Thompson, PhD., Michael G. (2012) ***Homesick and Happy: How time away from parents help children grow*****. New York, NY: Ballantine Books.** www.michaelthompson-phd.com

Dr. Michael Thompson is a clinical psychologist, lecturer, consultant, and former seventh-grade teacher. He is the co-author of the New York Times bestseller *Raising Cain: Protecting the Emotional Life of Boys,* which was adapted into an acclaimed documentary shown on PBS. In *Homesick and Happy* you will learn about the eight things we cannot do for our children, homesickness, the magic of camp, and being childsick and happy. (Excerpted from "About the Author" and presentation notes by the author.)

Thurber, PhD., Christopher A. & Malinowski, PhD., Jon C. (2000). ***The Summer Camp Handbook: Everything you need to find, choose, and get ready for overnight camp – and skip the homesickness.*** **Los Angeles, CA: Perspective Publishing.**

This is a great resource for parents, children and staff preparing for their first overnight resident camp experience. It is full of helpful tips and advice on camp culture, how to select a camp, prepare for camp, homesickness prevention, and how to get the most out of the experience. You may learn more about Dr. Chris Thurber at www.Campspirit.com or you may view the entire book for free at www.Summercamphandbook.com

Tough, Paul (2012) ***How Children Succeed: Grit, curiosity, and the hidden power of character.*** **New York, NY: Houghton Mifflin Harcourt.** www.paultough.com

Paul Tough is the author of *Whatever It Takes: Geoffrey Canada's Quest to Change Harlem and America* and a series of acclaimed articles about character and childhood in the *New York Times Magazine* and *New Yorker.* "*… a beautifully written book…at its core is a notion that is electrifying in its originality and its optimism: that character – not cognition – is central to success, and that character can be taught."* (Alex Kotlowitz, author of *There Are No Children Here)*