Summer Reading

Get informed!
Check out the links below for articles or videos on topics that interest you!

**Children**

- Challenging Behavior
- Grandparents Raising Grandchildren: Guidance and Discipline
- How Parents Can Address Bullying
- How to Deal with a Picky Eater
- Positive Discipline for Youth
- Safety Precautions at Summer Camps
- Sibling Rivalry
- Students More Likely to Gain Weight Over the Summer
- The Impact of Fathers on Children’s Well-being
- When the Kids Move Back Home

**Step Families**

- Step-Parenting and Blended Families
- Stepping Stones for Step Families series
- Living in a Step Family: The Child’s View

**Friends and Relationships**

- Friendship: The Laws of Attraction
- Good Friends are Good for You
- What Are Some Ways to Meet New People?
- Why Good Friends Make You Happy

**Work and Career**

- Choosing or Changing Jobs and Finding Satisfaction at Work
- Stress at Work
- Job Loss and Unemployment Stress

**Marriage and Couples**

- Are You Ready to Tie the Knot? A Quick Checklist
- How Healthy Couples Manage Conflict
- Maintaining a Strong Relationship Through Deployment
- Relationship Help
- So You are Getting Married in Florida! Licenses and Preparation

**Elder Resources**

- Fall Prevention
- Final Wishes: End-of-Life Decisions
- Healthy Living for Elders series
- Healthy Living: Use Your Medicines Safely!
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Communication
- 9 Important Communication Skills for Every Relationship
- Anger Management
- Conflict Resolution Skills
- Effective Communication
- Keys to Effective Father-Child Communication

Disaster Preparedness
- Be Prepared: Tips for Assembling a Low-Cost Disaster Kit
- Disaster Planning Tips for Caregivers of the Elderly and People with Disabilities
- Preparing to Evacuate Your Home in Case of an Emergency

Improving Quality of Life
- Benefits of Play for Adults
- Cultivating Happiness
- Health Benefits of Pets
- Laughter is the Best Medicine
- Prayers and Healing
- Volunteering and the Surprising Benefits

Going Green
- Principles of a Healthy Home
- The Story of Bottled Water
- Use Greener Cleaners and Avoid Pesticides

GatorCare Wellness Media Library
- Beyond Nutrition
- Beyond the Stress Ball
- Changing Your Mind: The Power of Thought
- Mastering Your Motivation: Seven Strategies for Staying Inspired
- Sleep Health (link on site not correct)
- When Diets Don’t Work, What Can I Do?