Summer Reading

Children

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

Friends and Relationships

11. Step-Parenting and Blended Families
12. Stepping Stones for Step Families series
13. Living in a Step Family: The Child's View
14. Step-Parenting and Blended Families
15. Stepping Stones for Step Families series
16. Living in a Step Family: The Child’s View

Step Families

17. Friendship: The Laws of Attraction
18. Good Friends are Good for You
19. What Are Some Ways to Meet New People?
20. Why Good Friends Make You Happy

Friends and Relationships

19. Friendship: The Laws of Attraction
20. Good Friends are Good for You
21. What Are Some Ways to Meet New People?
22. Why Good Friends Make You Happy

Work and Career

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

Marriage and Couples

26. Fall Prevention
27. Final Wishes: End-of-Life Decisions
28. Healthy Living for Elders series
29. Healthy Living: Use Your Medicines Safely!

Elder Resources

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

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

Communication
30. 9 Important Communication Skills for Every Relationship
31. Anger Management
32. Conflict Resolution Skills
33. Effective Communication
34. Co-Parenting Tips for Divorced Parents

Improving Quality of Life
38. Benefits of Play for Adults
39. Cultivating Happiness
40. Health Benefits of Pets
41. Laughter is the Best Medicine
42. Prayers and Healing
43. Volunteering and the Surprising Benefits

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

Going Green
44. Healthy Homes for Healthy Families
45. The Story of Bottled Water
46. Use Greener Cleaners and Avoid Pesticides

GatorCare Wellness Media Library
47. Beyond Nutrition
48. Beyond the Stress Ball
49. Changing Your Mind: The Power of Thought
50. Mastering Your Motivation: Seven Strategies for Staying Inspired
51. Sleep Health
52. When Diets Don’t Work, What Can I Do?