

## Summer Resources For Families

### Resources

- [Resource Finder](#)
- [Guides and Resources for Children and Teens \(information, coping strategies, etc\)](#)

### Elementary School Aged Children:

- **Behavioral Help**
  - [Guide to Managing Behaviors](#)
  - [Common Causes of Behavior in Kids](#)
  - [Managing Behavior at Home](#)
  - [Positive Attention](#)
  - [Temper Tantrums](#)
- **Confidence and Self Esteem**
  - [How to Help Kids Who Are Too Hard on Themselves](#)
  - [Raising Confident, Independent Children - Child Mind Institute](#)
  - <https://childmind.org/article/helping-kids-make-decisions/>
  - <https://childmind.org/article/help-kids-deal-embarrassment/>
- **Social Media**
  - [Why Is Screen Time Bad for Young Children? - Child Mind Institute](#)
  - [Healthy Limits on Video Games - Child Mind Institute](#)

### Adolescence:

- **Mental Health**
  - [Mental Health Resources For Parents of Adolescents and Young Adults – SAHM](#)
  - [Mind](#)
  - [Mental Health Literacy](#)
  - [Resources - The Youth Mental Health Project](#)
- **Social Media**
  - [Media Guidelines for Kids of All Ages](#)
  - [Is Internet Addiction Real? - Child Mind Institute](#)
  - [What Selfies Are Doing to Self-Esteem](#)
  - [Managing Social Media Stress with Mindfulness](#)
  - [How Using Social Media Affects Teenagers](#)
  - [Social Media and Self-Doubt](#)
- **LGBTQ+**
  - [Quick Guide to Gender Dysphoria](#)
  - [How to Support Kids Who Are Questioning - Child Mind Institute](#)
  - [Supporting Trans and Nonbinary Kids at School - Child Mind Institute](#)
  - [Mental Health Challenges of LGBTQ+ Kids - Child Mind Institute](#)

## **Summer Activities/ Camps**

- [Camp Guide](#)
- [Find and Go Seek](#)
- [Lehigh Valley](#)
- [Lehigh Valley Zoo Camp](#)
- [Upcoming Events - Camelot For Children](#)
- [James Lawson Freedom School Program](#)
- [Course Catalogs](#)- Different classes and courses are being offered to students from Horizons for Youth
- [Summer Camp - Da Vinci Science Center](#)

### ● **Arts/ Musical Camps**

- [Camps & Special Workshops | Civic Theatre](#)
- [Summer Camps | JCC of the Lehigh Valley](#)
- [Summer Camps — Banana Factory](#)
- [The Baum School of Art Summer Art Camps and The Fashion Academy | Macaroni KID Allentown](#)
- [Fun with the Arts Day Camp](#)

### ● **Sports Camps**

- [Elite Sports Academy | Summer Camps](#)
- [McHoops Basketball Camps](#)
- [DeSales University Camp Listings](#)
- [All Sports](#)
- [Muhlenberg College Summer Camps](#)

### ● **Therapeutic Summer Camps**

- [Camp Fowler - Valley Youth House](#)
- [Camp Sequoia](#)
- [Round Lake Camp](#)
- [Camp Ramapo \(located in NY\)](#)
- [Summer Camp for Disabled Adults | Helping Hands Shore Program](#)
- <https://psychologyandcounseling.com/CampFriendshipHomepage.htm>
- [Camp Courage](#)
- PA Mentor Summer Social Skills - Paperwork [Here](#)

## **Workshops**

- [Parent and Grandparent \*\*FREE, ONLINE\*\* Workshops](#)
- [Parent Webinars](#)

## **Blogs for Parents**

- [Scary Mommy](#)
- [Family Focus Blog](#)
- [Cool Mom Picks](#)
- [Fatherly](#)
- [The Check In Project](#)- Summer Edition
- [Little Otter](#)

**Parent Mental Health Resources**

- [Mental Health Resources for Parents](#)
- [Mental Health Resources - Mental Health First Aid](#)
- [People Seeking Help](#)
- [Mental Health.gov](#)