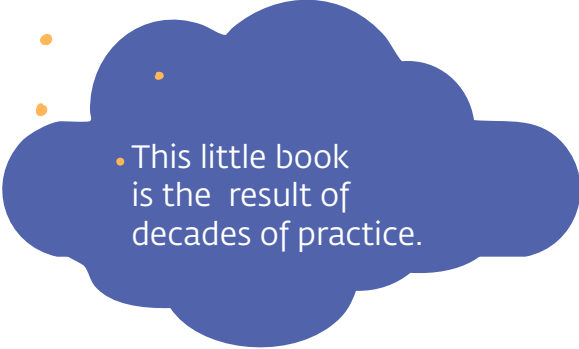


THREE HAPPIES & AN APPRECIATION

A Nightly Routine for a Connected Family



By Kate and Cole Kelly



- This little book is the result of decades of practice.

We hope this routine delivers the same sense of deep
CONNECTION
and love that we've cherished with our children.



To our sons
and their
future
families



THREE HAPPIES & AN APPRECIATION

A Nightly Routine for a Connected Family

It always starts
with a talkative

TODDLER...

THAT KID...

LOOK AT HOW MANY
RAISINS I CAN EAT!

DID YOU SEE...

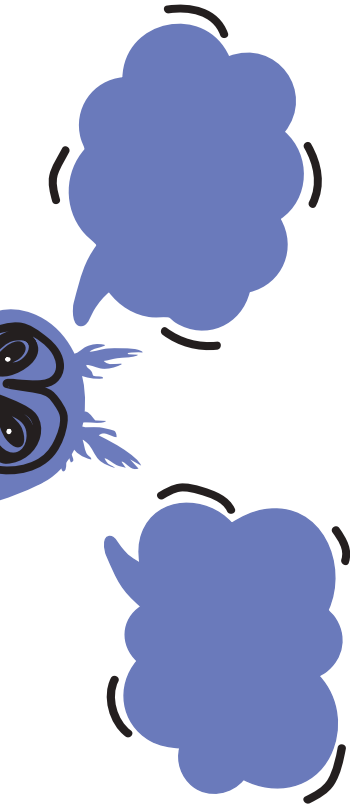


TOMMY SAID THIS
AND THEN I...



CAN WE GET
A PUPPY?

WHY IS THE
SKY BLUE?



That chatty kid who tells you

EVERYTHING

—every scraped
knee,
every playground
triumph,
every wild
imagination—

naturally starts to
grow up.

They crave independence,
their own space, their own
identity.

BUT
GROWING
UP

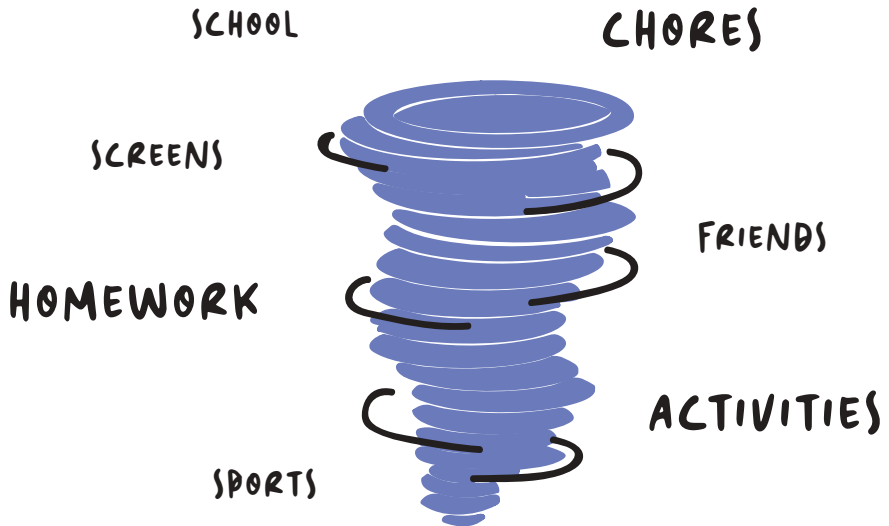
doesn't have to mean
growing apart.

Real life is full of things that
make staying connected
tricky...

Ask any parent who's watched their child shift from a clingy preschooler to a quiet teen, and they'll tell you:

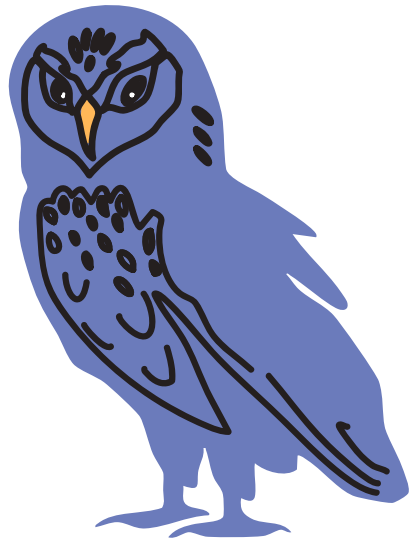
A STRONG
FAMILY BOND
TAKES WORK...

... and it's not always easy.



So the **BIG** question is, how do
you keep those communication
lines open with your child

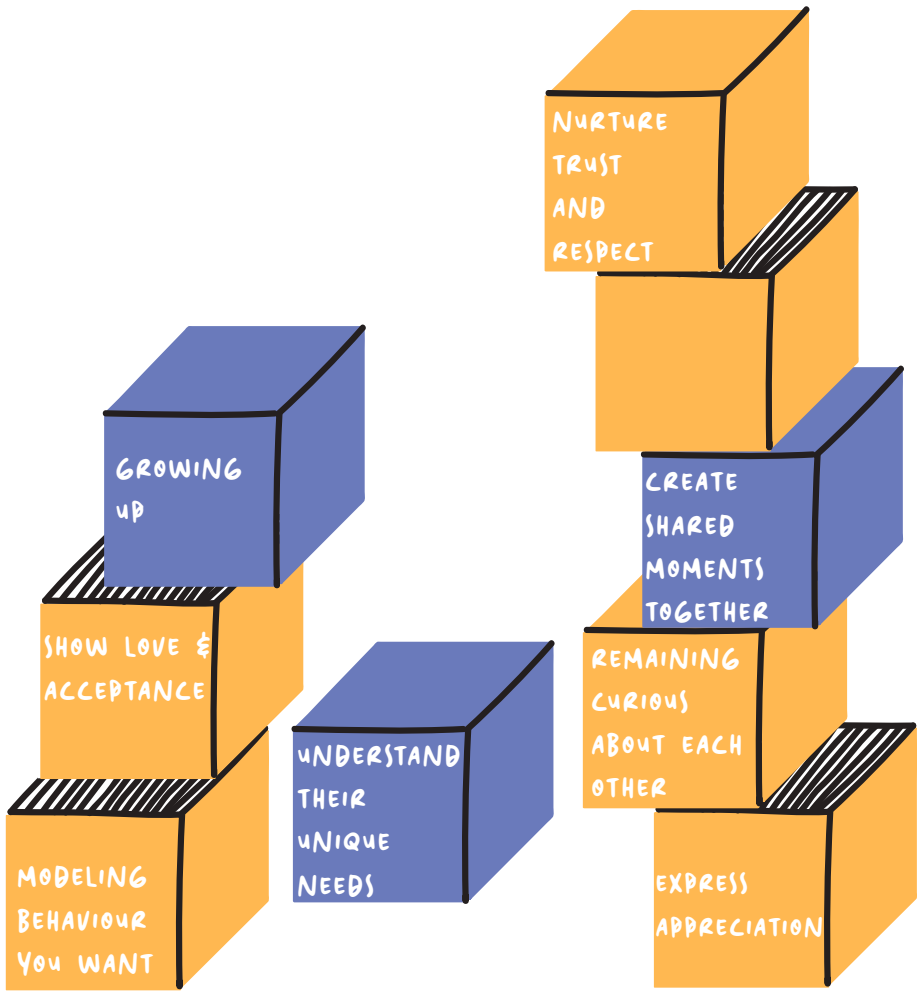
THROUGH
ALL OF
LIFE'S
CHAOS?



The most trusted experts on family relationships—like Dr. John Gottman, Dr. Laura Markham, and Daniel Siegel—will tell you

A FAMILY THRIVES
WHEN CERTAIN
BUILDING BLOCKS
ARE IN PLACE:





MODELING
BEHAVIOUR
YOU WANT

UNDERSTAND
THEIR
UNIQUE
NEEDS

SHOW LOVE &
ACCEPTANCE

GROWING
UP

EXPRESS
APPRECIATION

REMAINING
CURIOUS
ABOUT EACH
OTHER

CREATE
SHARED
MOMENTS
TOGETHER

NURTURE
TRUST
AND
RESPECT

The experts clearly tell us What makes a family strong. But the **BIG** question still remains...

How do you build and maintain those blocks with your child?

The secret isn't just the blocks or even the perfect mix of them.

**THE SECRET IS WHAT
HOLDS THE BLOCKS
TOGETHER.**



A simple

5-MINUTE
NIGHTLY
ROUTINE,

done consistently and with intention, turns your pile of building blocks into a lifelong bridge to your child.



SO... HOW IS
THIS DONE?

The routine involves two simple nightly questions, shared together, starting now and lasting a lifetime.



STEP 1

Before bed or
at dinner, ask
your child,

"WHAT THREE
THINGS MADE
YOU HAPPY
TODAY?"



HOW TO CHOOSE A HAPPY MOMENT?

A “happy” can be anything that brings them joy, no matter how big or small.

A 'happy' could be:



MONUMENTAL

Scoring a goal at soccer, finishing a big school project, or a family vacation memory.



MUNDANE

A yummy snack, a cozy blanket, or the dog licking their face.



UNEXPECTED

A friend sharing a toy, a rainbow after rain, or a funny joke from you.

The key is to show them that joy exists in both the big wins and the little moments.



BY LISTENING

to their happies, you teach them to notice the positive—and you get a window into their world.

This part of the routine is

TRANSFORMATIVE.

FIRST, sharing daily happies boosts their happiness, builds resilience, and strengthens your bond. That's just science.

SECOND, this routine lets you listen, learn, celebrate, and connect with your child in a way that keeps them talking—even as they grow.



Night by night,

**YOU BUILD
A PATHWAY
TO STAY
CLOSE,**

no matter how
independent they get.



STEP 2

The second part
of the routine is
shorter and just as

POWERFUL.



Follow up their
three happy
moments with one
thing they



APPRECIATE
about someone in the
family.



WHAT ARE APPRECIATIONS?

- Dad read me an extra story tonight
- Mom made my favorite dinner today
- My sister shared her crayons with me
- Grandpa called to check on me
- My brother played catch with me outside
- You listened when I told you about my day
- Grandma sent me that funny picture
- You helped me find my lost shoe this morning

Why an
appreciation
FOR
SOMEONE
ELSE?



When your child looks
outside themselves to notice
what others do, they learn
a powerful lesson:



GRATITUDE *
GROWS WHEN
WE SHARE IT.

Expressing thanks for someone
in the family teaches them to
see the good in others, not just
themselves.

It builds a habit of

KINDNESS and **CONNECTION**—showing them that love isn't just something they feel, but something they give. This simple act opens their heart, keeps your family close, and helps them grow into grateful, caring people.

**WE SEE
WHAT WE
LOOK FOR.**

By teaching them to look for the good in others, you create a family cycle of gratitude and love.





HOW TO HELP THEM DO AN APPRECIATION?

0

BE SPECIFIC

Guide them to say,
"I appreciate how you played
with me today," not just
"Thanks."

2

FOCUS ON EFFORT, NOT OUTCOME

Help them notice trying—like, “I appreciate how you tried to cheer me up.”

3

MAKE IT FUN

Ask, “Who made you smile today and why?” to spark their ideas.

4

MODEL IT

Share your own appreciation first—“I appreciate how your sister helped with dishes”—to show them how.



When you truly hear
their happiest
moments and who
they appreciate, you:





BUILD UNDERSTANDING.

You learn what lights them up and who matters to them.



TAKE ACTION.

You can encourage more of those joyful family moments they notice.



STRENGTHEN COMMUNICATION.

You keep the door open for real talks, now and as they grow.



STEP 3

NOW RETURN
THE FAVOR.
SHARE YOUR HAPPIES
AND AN APPRECIATION
WITH YOUR CHILD.



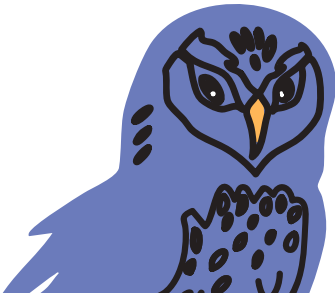
That's it. That's all there is to it.
Every night: Three things that
made them happy and one
thing they appreciate about
someone in the family.

The Key
to Success...

CONSISTENCY

"WE ARE WHAT WE
REPEATEDLY DO.
EXCELLENCE, THEN,
IS NOT AN ACT,
BUT A HABIT."

Aristotle



BUT WHAT IF...

**WE'RE APART—TRAVELING
OR AT DIFFERENT HOUSES?**

Text or call their happies and appreciation before bed.

**THEY'RE UPSET
OR WON'T TALK?**

Leave a note, whisper it, or share yours first to ease them in.

**MY CHILD SAYS THEY
DON'T WANT TO DO IT.**

Ask as a favor—"Can we try it for a week?"
—and keep it light.

"WE CAN DO
NO GREAT THINGS,
ONLY SMALL THINGS
WITH GREAT LOVE."

Mother Teresa



In a family, the most important thing isn't just how much you love your child, but how well you show them they're loved—and how you teach them to share love too.

WHEN LIFE IS HARD...

START SMALL

If they're struggling, nudge them toward tiny joys—a warm bath, a favorite toy, a soft pillow.

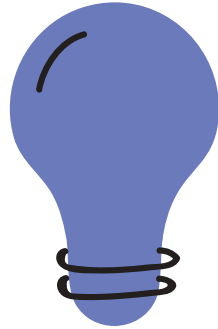
REFRAME CHALLENGES

Ask, "What was one thing that wasn't so bad today?" or "Who helped you a little?"

LEAN IN TOGETHER

On tough days, your happies and appreciation can lift them up. Let your gratitude spark theirs.

"I CAN'T THINK OF
ANYTHING TODAY."



You might say:

"My happiest moments today were your smile this morning, the sun shining outside, and our quiet cuddle tonight. I appreciate how you told me about your tough day—it helps me know how to help."

Then ask, "What about you? Anything happy, or someone who made it better?" This shifts the focus from the hard stuff to the strength of your bond—and the good they can find in others.

KEY TAKEAWAYS



0

GRATITUDE IS YOUR BRIDGE

On rough days, this routine keeps you connected.

2

FIND LIGHT IN OTHERS

Even in tough times, they learn to spot joy and kindness around them.



STRENGTHEN YOUR BOND

Focusing on the good—and sharing it—builds a family that weathers any storm together.





So...

HOW DO
YOU START?



GET ON THE SAME PAGE WITH YOUR CHILD.

"I'd love to try something fun with you for a few minutes each night."

Some kids might resist—they're not used to naming joys or thanking others. Be patient.



SET REMINDERS.

Use a phone alarm or bedtime cue.

Ask yourself during the day, "What's one thing they did or noticed that I can celebrate?"



JUST START.

It might feel clunky at first.

The trick is to begin and keep going.

NEED A LITTLE MORE HELP?

Change can feel big when we're not ready.
That's normal.

If your child's more
a "doer" than a "talker,"

SCAN

this code for tips
to ease into it.



CONSISTENCY IS
WHAT BUILDS TRUST,
CONNECTION, AND
A BRIDGE THAT LASTS.

It's what turns this simple
routine into a cornerstone
of your family— one where
gratitude flows both ways.



"YOU DO NOT RISE TO THE
LEVEL OF YOUR GOALS.
YOU FALL TO THE LEVEL
OF YOUR HABITS."

James Clear

WHAT TO EXPECT FROM THIS DAILY PRACTICE

IT BUILDS A CULTURE OF GRATITUDE.

Focusing on the positive—and sharing it—creates a family where everyone feels seen and valued.

IT ENCOURAGES GROWTH.

This ritual helps your child grow kind and connected, and your family grows stronger too. It Strengthens Communication. It's a safe space to share, listen, and keep talking—no matter their age.

IT KEEPS CONNECTION VIBRANT.

Daily gratitude—given and received—nurtures your bond through every stage.

This is more than a night routine.



IT'S AN
INVITATION.

Whether your child is a toddler, a tween,
or a teen heading out the door...

**THIS NIGHTLY
ROUTINE IS FOR YOU.**

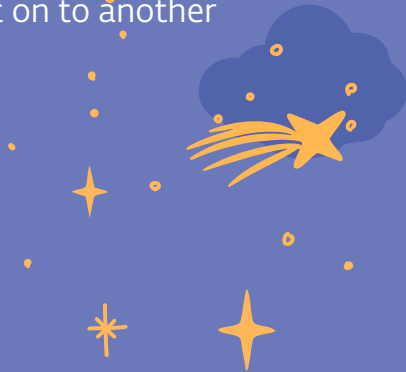
START TONIGHT—

where every night is a reminder of why
you're their safe place, and they learn to see
the good in those they love. The secret is to
build a family where love isn't just felt—it's
shared and celebrated every night.

'THANK YOU'

A big
to the community of family and friends
(including our campers, staff and
families!) for reinforcing the importance
of gratitude, expressing appreciation and
building good habits. And, thank you to
Barbara Borko for bringing our ideas to
life in this little book.

If you loved this book and the nightly
routine it shares, pass it on to another
family.



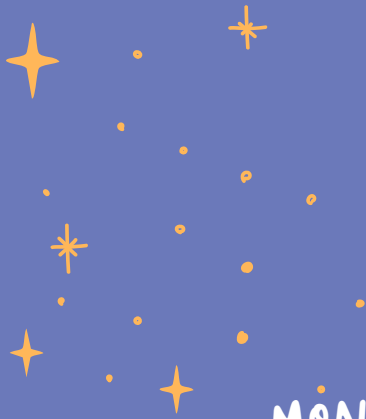
The background is a solid blue color. In the upper half, there are several yellow stars of various sizes and shapes, some with long, thin trails, suggesting shooting stars or meteors. There are also several dark blue, stylized clouds of different sizes scattered across the page. The text is centered in the middle of the page.

KATE AND COLE KELLY

have been practicing this routine with each other and their three boys for more than 20 years. Both have earned Masters of Education degrees and have worked with thousands of children, staff and families as summer camp directors since 2002.

If you loved this book and
the nightly routine it shares,
pass it on to another family.





MONEY BACK GUARANTEE:

We're so confident in this nightly ritual that we promise: try it consistently for 30 days, and if you don't feel closer to your child, we'll refund you. We believe in its power to deepen your family's connection and gratitude.



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ThreeHappies.com.

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Discover the simple,

5-MINUTE NIGHTLY RITUAL

that keeps your family close
—no matter how busy life gets.

With just two powerful
questions, you'll spark joy, build
gratitude, and strengthen your
bond with your child, night
after night.

Backed by experts and decades
of practice, this heartfelt guide
offers parents a practical way
to nurture love, resilience,
and connection that lasts a
lifetime.

