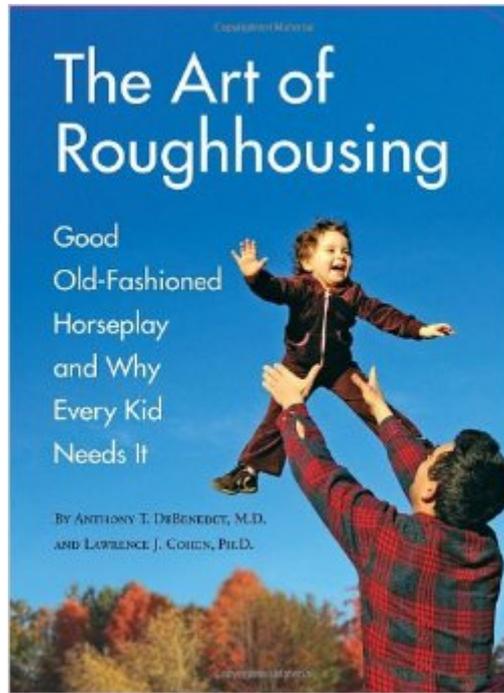


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# The Art Of Roughhousing



## Synopsis

Everywhere you look, physical play—what some might call “roughhousing”—is being marginalized. Gym classes are getting shorter. Recess periods are being eliminated. Some new schools don’t even have playgrounds. Is it any wonder children retreat to virtual horseplay via video games? But Drs. Anthony T. DeBenedet and Lawrence J. Cohen are here to shake things up—literally! With *The Art of Roughhousing*, they show how rough-and-tumble play can nurture close connections, solve behavior problems, boost confidence, and more. Drawing inspiration from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present dozens of illustrated activities for children and parents to enjoy together—everything from the Sumo Dead Lift to the Rogue Dumbo. These delightful games are fun, free, and contain many surprising health benefits for parents. So put down those electronic games and get ready to rumble!

## Book Information

Paperback: 192 pages

Publisher: Quirk Books; English Language edition (May 17, 2011)

Language: English

ISBN-10: 1594744874

ISBN-13: 978-1594744877

Product Dimensions: 5.5 x 0.6 x 7.5 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (51 customer reviews)

Best Sellers Rank: #193,719 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #205 in Books > Parenting & Relationships > Family Activities #3186 in Books > Parenting & Relationships > Parenting

## Customer Reviews

My Dad, even though he is close to 80, is a natural born roughouser. Although he’s never heard of Larry Cohen, he would agree with everything he said in "Playful Parenting" as well as his and Anthony DeBenedet’s new book "The Art of Roughhousing." At 79, he’s down on the floor wrestling, tickling, and playing with my kids for hours. My husband grew up in a very different environment—one where physical play just did not happen. I always sensed a bit of wistfulness on his part when he would watch my kids and their grandpa play—especially as everybody is having such a good time. Now, with "The Art of Roughhousing", their own Dad has some great new tricks and ideas to try.

Dad is now cool--because not even Grandpa thought about riding a mattress down the stairs! Love this book. Buy it (and some ice packs) and go to town. And I have to say, it's not just fun for the kids--it's fun for the parents as well. We've decided to use it as part of our weekly family time. We're going through the book and writing down the activities that are age appropriate. Then during our family meeting, one of the kids gets to pick our roughhousing activity of the week. The first part talks about why roughhousing is good for you. The second bit is like a little manual of different activities to try... some I'd never have thought of. There's an intro section with things like Airplane, Alcatraz (you're prisoner in a pile of pillows...escape...and then your kids capture you (or vice versa)), Almost Gotcha (run after your kids and almost catch them..), etc. A section called flight...with different activities with your kids in the air. A section called games...including pillow fights, ejection seat (bouncing on the bed until "shot"..

I ordered this book partly because I had read *Playful Parenting* by Lawrence Cohen (one of the co-authors of this book). When I received the book, I was a little disappointed. It's a fairly small book, and as I thumbed through I saw a lot of cartoon pictures illustrating different moves you can do with your child. But I thought I'd sit down and read it to see if there was anything useful. Once I got into the reading, I found some really incredible information! Did you know that roughhousing helps build child/parent relationships, helps them emotionally, intellectually, ethically, etc? It's beneficial for a child's body & brain, and can help them learn how to stand up to bullies, how to interact with others, it stimulates neural pathways in the brain, makes them more creative, etc. From this book I learned to bring more roughhousing into our play with our children. My husband would often roughhouse with our son (age 4 1/2), but neither of us did a lot with our daughter (age 22 months). She's young, petite, and seemed too small for roughhousing. I found out that she absolutely LOVES to do several of the things I've tried from this book, and is quite the active little girl! When either of our kids get grouchy or upset, roughhousing play can often bring them back to giggles. The thing I really like about this book is that it gives the science behind why roughhousing is so important (critical one might say), and also gives specific examples and moves you can do. Each move has a cartoon illustration, a description, an age range, difficulty rating, and essential skill.

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