



The Art of Roughhousing

By Anthony T. DeBenedet, Lawrence J. Cohen

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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!

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Editorial Review

Review

"Enthusiastically recommended." Starred review --Library Journal

"An inspired defense of roughhousing! I guarantee that if you read just a few pages of this book, you'll be down on the floor wrestling and laughing with your children."—Michael Thompson, co-author of the national best seller *Raising Cain: Protecting the Emotional Life of Boys*

"Two dads offer the perfect antidote to helicopter parenting."—*Washington Post*

From the Author

Unlike my co-author, Anthony DeBenedet, who grew up in a rough and tumble household, I am a recent convert to roughhousing. My dad was not a wrestler, and neither were my three sisters (or my mom). For me, as a kid, "wrestling" meant getting the crud beaten out of me by bigger, stronger, and meaner boys. So I avoided it when my daughter Emma was little. But parental love is a powerful force, and when I saw how much Emma loved roughhousing, I forced myself to dive in. Soon I was a zealous believer in active physical play, and I started spreading the word. When I became a step-father to Jake, I learned a whole new dimension in roughhousing. So when Anthony contacted me, after he read the chapter on roughhousing in my book *Playful Parenting*, I was eager to write this book with him. Anthony specialized in cool moves and game ideas; I was the "yee-hah, let's have a wild pillow fight" guy. As we researched the book, we were excited, but not surprised, to find so much science backing up our claims for the value of roughhousing. And we were delighted by how much fun we had writing it, especially coming up with names for the moves and games. Happy roughhousing!--Larry Cohen

About the Author

Anthony T. DeBenedet, M.D., is a board-certified physician in internal medicine and an incredibly active and adventurous father. An avid athlete, he enjoys basketball, running, hiking, and golf. He lives with his wife and three young daughters in Ann Arbor, Michigan.

Lawrence J. Cohen, PH.D., is a licensed psychologist specializing in children's play and play therapy. His book *Playful Parenting* is in its eleventh printing. His writing has also appeared in the *Boston Globe*, professional journals, and a host of national parenting magazines. He lives with his wife and two teenage children in Brookline, Massachusetts.

Users Review

From reader reviews:

Reginald Hunter:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite book and reading a guide. Beside you can solve your condition; you can add your knowledge by the publication entitled *The Art of Roughhousing*. Try to the actual book *The Art of Roughhousing* as your good friend. It means that it can to be your friend when you truly feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunated for you personally. The book makes you considerably more confidence because you can know everything by the book. So , we should make new experience and knowledge with this book.

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