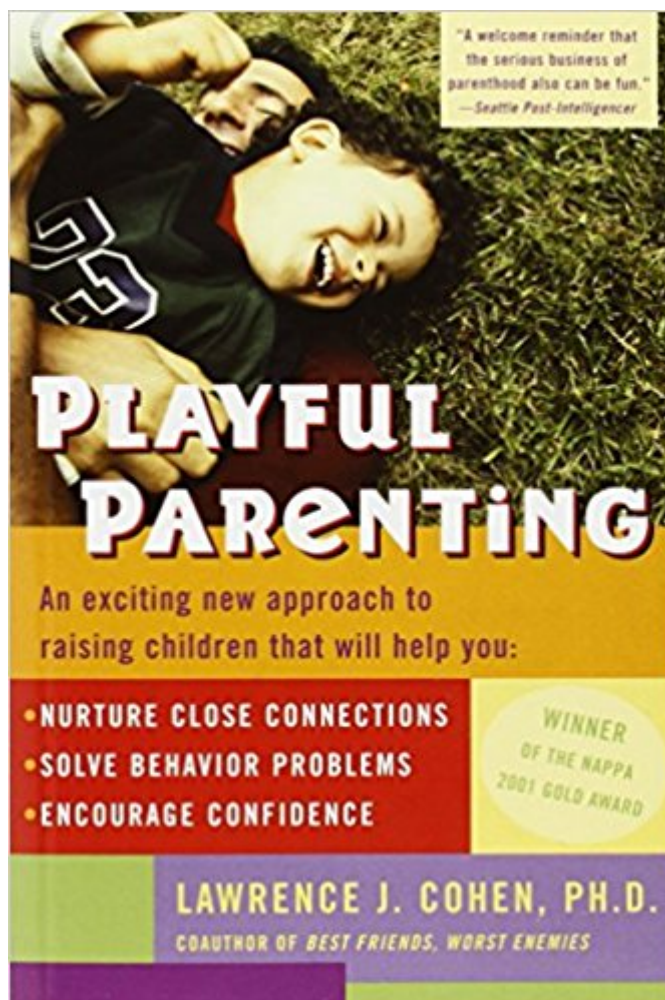


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# Playful Parenting: An Exciting New Approach To Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, And Encourage Confidence





## Synopsis

Have you ever stepped back to watch what really goes on when your children play? As psychologist Lawrence J. Cohen points out, play is children's way of exploring the world, communicating deep feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world and help them to Express and understand complex emotions Break through shyness, anger, and fear Empower themselves and respect diversity Play their way through sibling rivalry Cooperate without power struggles From eliciting a giggle during baby's first game of peekaboo to cracking jokes with a teenager while hanging out at the mall, Playful Parenting is a complete guide to using play to raise confident children. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, this book will make you laugh even as it makes you wise in the ways of being an effective, enthusiastic parent.

## Book Information

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## Customer Reviews

Tag, you're it! In Playful Parenting, Lawrence Cohen demonstrates that parents need to lighten up and spend a few hours giggling with their kids. Play is inherently educational for children, he claims, and parents can learn plenty by examining the games kids play--from peekaboo to practical jokes. Cohen is quick to point out that no matter what your child's temperament, she has a playful side. In

its most basic form, play is a way to communicate. The author examines, with plenty of hilarious personal anecdotes, the details of play at every age and across genders. From his daughter and a new male friend discussing how "cool" nuclear weapons are and how "gross" a love song is, to a younger child zooming full-speed around a park at a birthday party, we're shown the exuberant truth behind playing: not only is it just plain fun, it can spark a variety of important sensations. One short section discusses the common phenomenon of happy giggling turning instantly to tears. Cohen suggests that "the fun play opens the emotional door to let out the giggles, and a flood of other feelings come pouring out after." Some specific ideas for games are included, and you'll find recommendations for everything from play wrestling to gentle storytelling. One chapter focuses on how to cope with play you don't find enjoyable, and how learning to appreciate these games can lead to surprising emotional insights. This is where Cohen's years of practice come in handy--it may be true that we all play, but not everyone immediately grasps the underlying messages. This is not simply a book filled with family activities, but rather an exploration of play for all ages. --Jill Lightner

--This text refers to the Audible Audio Edition edition.

"Pretend... that we're really gonna be late and you're really mad," Emma, daughter of psychologist and play therapist Cohen, whispered one morning, cleverly transforming their morning ritual his grumpy attempt to get her off to preschool into a fun game. According to Cohen, children of all ages have an ongoing need for connectedness, security and attachment; playful interaction with parents is an important way to develop such bonds. Through play, parents can help their kids develop greater confidence, express bottled up or difficult feelings, recover from daily emotional upheavals, negotiate agreements, express love and not least have fun. In his therapy practice, Cohen has used play to help both severely troubled and securely attached kids negotiate the daily travails of life; he demonstrates how to prevent and address serious problems with silliness and laughter. Cohen acknowledges that it is sometimes difficult for busy and harried parents to relearn play, and that playtime is both physically challenging and tiring. However, using examples from his practice, research and personal experience, he intelligently guides parents through the possibilities awaiting them if they are willing and able to loosen up. The book explores play with compassion, but is often so funny that parents will find themselves chortling out loud with recognition and anticipation. Agent, Josh Horwitz. (On-sale date: May 29)Forecast: Cohen takes his practice on the road for a five-city author tour, which should help convince the Scrooge-like of play's primacy. His lessons on the deflection of anger are applicable beyond the m&#x82;nage. Copyright 2001 Cahners Business Information, Inc. --This text refers to the Audible Audio Edition edition.

I'll start by saying I liked the book. I read a lot of parenting books because 1) I have a rather spirited two year old (and an infant) and 2) I happen to find this particular genre of study fascinating. Since I read so many and am familiar with the kid-help writing style, I tend to be skeptical of any parenting book that has found "the way," even while realizing that if you are going to write a book, you might as well give your opinion with confidence (I worry more about a person who reads one book and thinks they have discovered the meaning of parenting because Dr. So and So told them all studies point this way). I can't give the book five stars because it feeds into the "you are never playing enough with or doing enough for and if you did cry it out you have scarred your children even though I have no evidence other than a hunch" theories. Let's face it, parents spend more time playing with their children today than likely any other time in human history. We are doing enough. That said, we probably aren't playing smartly, and this is where the book had great value and why I would ultimately recommend it. I've tried a couple of the techniques, like pretending to scream and making it a game when you actually really want to scream, or singing instructions, or my favorite-grabbing a toy and running when two kids won't stop fighting over it-and they all helped the mood in our family a lot. Simply by reading this book, I find myself engaging more when I play with my daughter (I'm a stay at home mom, so I have a lot of time to play). When she clings to me, I turn the tables and pretend like I can't let her go until she is the one complaining about me clinging. I would never have thought of that. So yes, the book is good, but, no, it is not perfect and don't beat yourself up if you don't agree with everything the author says or find some of the advice suffocating. I've noticed that all experts present facts, yet a good portion of the experts disagree, meaning take what works for you and leave the rest alone because no one psychologist or doctor or pediatrician has discovered THE WAY.

This book is exactly what I was hoping it would be and even more besides. It's an easy read, there's not too much child psych lingo, and it's entertaining. Most importantly, it inspired me to connect with my son. I was having a difficult time being silly and playful with him, and I'm sure other parents can relate. If you have to be serious 8 hours a day, 5 days a week, then come home to a sink full of dishes and many hungry stomachs, it can be hard to turn all that off and just have fun. Children need love and playful attention just as much as they need three square meals a day. This book also addresses the difference between playing solo, with other children, and with a trusted adult. You may think, 'well, my kids have each other to play with/ he plays very well by himself,' but playing with an adult is still important. The author does a great job of explaining the distinction. Can't speak

highly enough of this book!

This book, written by a play therapist, introduces parents to the power of play for connecting with your children. Parents and kids benefit by unlocking the power of play to help kids address big feelings, and learn how to manage life's upsets. The author gives many examples for playing with kids - so even if you are short on ideas, you will learn some of the best ways to reach your child. I have used many of the tips with my 5 y.o. and find them very effective. He is learning how to manage his frustration and solve problems effectively, and I am learning how to manage my frustration as well!

This is one of the best parenting books I've read (and I've read them all). It has completely changed the way my 3 year old and I get through our day, and has solved so many little frictions that were driving me crazy. The chapter "Rethink the Way We Discipline" is brilliant - I re-read it start to finish 3 times and it's so effective. Rather than giving tactics for manipulating and controlling children, this book speaks to the heart and calls on parents to take time to understand things from their children's perspective, which really resonated with me. After all, children are people too. With playful parenting I'm definitely enjoying parenting more and everyone is happier. I recommend this in particular if you like Louise Porter's or Alfie Kohn's works.

There are so many parenting books out there. So! Many! They're all filled with great info that seems so hard to remember for one reason or another.... But this one was such a game changer for me. I know how to play with my kids when everything's going great, but this book gave numerous examples of turning around challenging situations using humor and play. So many light bulbs went off when I saw the variety of situations Mr. Cohen navigated with playfulness. This book has given me a better understanding of my children, and most importantly- this book has given me a more robust toolkit for showing respect and love during tantrums or conflicts. When my 5 year old has been extra cranky lately, I've been able to make him laugh and then connect with him. I feel much more empowered in situations that would've had me feeling helpless and inadequate before. I'm so grateful for this book!

I have bought this book as a Christmas gift to my daughter and her husband because they have just become parents. I considered myself to be a very playful dad and want to encourage them to do so too. I very much liked a radio interview I heard on National Public Radio discussing the book with

the author. You can hear the delightful podcast of that interview at NPR's website and searching for "what-kids-can-learn-from-a-water-balloon-fight"

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