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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 activities for children and parents to enjoy together - everything from the "Sumo Dead Lift" to the "Rogue Dumbo."

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Husband, dad, physician, author of The Art of Roughhousing, and champion for parent-child play. Anthony has appeared on The Today Show, in The New York Times and many other media outlets to...

TEDxDetroit 2011 - Dr Anthony DeBenedet - The Art of ...

But recent research has shown that roughhousing serves an

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evolutionary purpose and actually provides a myriad of benefits for our progeny. In their book *The Art of Roughhousing*, Anthony DeBenedet and Larry Cohen highlight a few of these benefits and the research behind them. Instead of teaching kids to be violent and impulsive, DeBenedet and Cohen boldly claim that roughhousing “makes kids smart, emotionally intelligent, lovable and likable, ethical, physically fit, and joyful.”

The Importance of Roughhousing With Your Kids | The Art of ...

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The Art Of Roughhousing. 4.07 (311 ratings by Goodreads)
Paperback. English. By (author) Anthony T. DeBenedet , By

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(author) Lawrence J. Cohen. Share. Physical play - what some might call roughhousing - is being marginalized. Gym classes are getting shorter. Recess periods are being eliminated.

The Art Of Roughhousing : Anthony T. DeBenedet : 9781594744877

The Art of Roughhousing by Lawrence J. Cohen and Anthony T. DeBenedet (2011, Trade Paperback)

The Art of Roughhousing by Lawrence J. Cohen and Anthony T ...

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

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illustrated activities for children and parents to enjoy together—everything from the “Sumo Dead Lift” to the ...

The Art of Roughhousing: Anthony T. DeBenedet, M.D: Q742609358

"The Art of Roughhousing" teaches parents how rough - and -tumble play can nurture close connections, solve behavior problems, boost confidence, and more. Drawing from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present fifty illustrated activities for children and parents to enjoy together - everything from the Sumo Deadlift to the Rogue Dumbo.

Art of Roughhousing: Good Old Fashioned Horseplay and Why ...

The most vocal proponents of intense physical play are physician Anthony DeBenedet and psychologist Lawrence Cohen, authors

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of The Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It.

Roughhousing: aggressive or constructive behaviour?

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'The Art of Roughhousing,' by Anthony T. DeBenedet and Lawrence J. Cohen I put " The Art of Roughhousing " on my summer list after seeing it referenced by Screen-Free Parenting, a wonderful...

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