



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

By Lawrence J. Cohen

Download now

Read Online →

## Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen

Parents have heard that play is a child's work--but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, *Playful Parenting* is a complete guide to using play to raise strong, confident children.

Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid way of exploring the world, communicating hard-to-express 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. We help them express and understand deep emotions, foster connection, aid the process of emotional healing--and have a great time ourselves while we're at it.

Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter.

*Playful Parenting* also includes illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest

research, Playful Parenting will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

*From the Hardcover edition.*

 [Download Playful Parenting: An Exciting New Approach to Rai ...pdf](#)

 [Read Online Playful Parenting: An Exciting New Approach to R ...pdf](#)

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

*By Lawrence J. Cohen*

## **Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen**

Parents have heard that play is a child's work--but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, *Playful Parenting* is a complete guide to using play to raise strong, confident children.

Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid way of exploring the world, communicating hard-to-express 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. We help them express and understand deep emotions, foster connection, aid the process of emotional healing--and have a great time ourselves while we're at it.

Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter.

*Playful Parenting* also includes illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, *Playful Parenting* will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

*From the Hardcover edition.*

## **Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen** **Bibliography**

- Rank: #180816 in eBooks
- Published on: 2008-11-19

- Released on: 2008-11-19
- Format: Kindle eBook

 [Download Playful Parenting: An Exciting New Approach to Rai ...pdf](#)

 [Read Online Playful Parenting: An Exciting New Approach to R ...pdf](#)

**Download and Read Free Online Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence**  
By Lawrence J. Cohen

---

## **Editorial Review**

### Amazon.com Review

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*

### From Publishers Weekly

"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,nage.

Copyright 2001 Cahners Business Information, Inc.

### From Library Journal

"We all know we are supposed to turn off the TV and spend more time together," writes psychologist and Boston Globe columnist Cohen, "but then what?" Good question. Cohen provides some answers in this

thorough, practical guide to the role of play in parenting. Chapters (e.g., "Join Children in Their World") describe how play can assist in decoding behavior and unspoken emotions while enabling parents to forge intimate connections. Cohen reminds us "that play is fun" and when we play with children on their terms "we unlock the door to their inner lives and meet them heart to heart." Cohen occasionally generalizes, e.g., "untrained in nurturing, men feel helpless," when attempting to bond with children. On the whole, however, this is a sound and useful book. Reminiscent of Alvin Rosenfeld and Nicole Wise's refreshing *Hyper-Parenting: Are You Hurting Your Children by Trying Too Hard?* (LJ 2/15/00), this book is recommended for all public libraries. Douglas C. Lord, Hartford P.L., CT  
Copyright 2001 Reed Business Information, Inc.

## **Users Review**

### **From reader reviews:**

#### **Jennifer Walker:**

As people who live in the modest era should be update about what going on or info even knowledge to make these individuals keep up with the era which can be always change and move ahead. Some of you maybe may update themselves by studying books. It is a good choice to suit your needs but the problems coming to a person is you don't know what one you should start with. This *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence* is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

#### **David Bold:**

The ability that you get from *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence* will be the more deep you searching the information that hide inside words the more you get considering reading it. It does not mean that this book is hard to comprehend but *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence* giving you excitement feeling of reading. The author conveys their point in particular way that can be understood by anyone who read the item because the author of this e-book is well-known enough. This specific book also makes your own personal vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this particular *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence* instantly.

#### **Quentin Taylor:**

Reading can called thoughts hangout, why? Because when you are reading a book specifically book entitled *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence* your thoughts will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can become your mind friends. Imaging every single word written in a e-book then become one application form conclusion and explanation that will maybe you never get previous to. The *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage*

Confidence giving you yet another experience more than blown away your brain but also giving you useful info for your better life on this era. So now let us demonstrate the relaxing pattern this is your body and mind will be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

**Belinda Ferguson:**

Many people spending their period by playing outside with friends, fun activity using family or just watching TV the entire day. You can have new activity to spend your whole day by looking at a book. Ugh, you think reading a book can really hard because you have to accept the book everywhere? It ok you can have the e-book, having everywhere you want in your Smartphone. Like Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence which is having the e-book version. So , why not try out this book? Let's notice.

**Download and Read Online Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen #SEV5Y347N2O**

# **Read Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen for online ebook**

Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen books to read online.

## **Online Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen ebook PDF download**

**Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen Doc**

**Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen Mobipocket**

**Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence By Lawrence J. Cohen EPub**