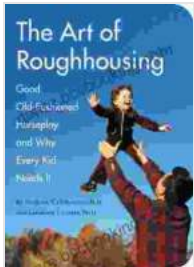


Good Old-Fashioned Horseplay: Why Every Kid Needs It



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

by Lawrence J. Cohen Ph.D

★★★★☆ 4.7 out of 5

Language : English
File size : 6939 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 196 pages



Horseplay is an essential part of childhood development. It helps kids learn how to interact with others, solve problems, and regulate their emotions. In today's world, where kids are often overscheduled and supervised, horseplay is becoming a thing of the past. But it's more important than ever for kids to have the opportunity to engage in this type of play.

The Benefits of Horseplay

Horseplay has a number of benefits for children, including:

- **It helps kids learn how to interact with others.** Horseplay involves physical contact and interaction, which helps kids learn how to negotiate, cooperate, and resolve conflicts.

- **It helps kids solve problems.** Horseplay often involves solving problems, such as how to get out of a difficult situation or how to win a game. This helps kids develop their problem-solving skills.
- **It helps kids regulate their emotions.** Horseplay can help kids learn how to express their emotions in a healthy way. It can also help them learn how to deal with frustration and disappointment.

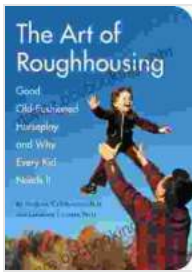
Why Horseplay Is Becoming a Thing of the Past

There are a number of reasons why horseplay is becoming a thing of the past. One reason is that kids are often overscheduled and supervised. They have less time to play freely and engage in horseplay. Another reason is that parents are often afraid of their kids getting hurt. They may not allow their kids to play rough or engage in activities that could be dangerous.

The Importance of Horseplay for Kids

Despite the challenges, it's more important than ever for kids to have the opportunity to engage in horseplay. Horseplay is an essential part of childhood development and it helps kids learn important life skills. Parents should encourage their kids to play rough and engage in horseplay, within reason. They should also make sure that their kids have plenty of time to play freely and unsupervised.

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