

The Value of Rough and Tumble Play

Builds Resiliency

Resiliency is the tendency to see failure as a challenge to overcome rather than something that defines you.

Increases Skills for Academic Success

Animal and human brain studies have found that rough and tumble play increases connections in the parts of the brain responsible for memory, problem-solving, and higher learning. Psychologist Anthony Pellegrini (1988) found that the amount of rough and tumble play is a better predictor of a child's achievement in first grade than his kindergarten test scores.

Builds Social and Emotional Skills

When children roughhouse they learn to tell the difference between play and actual aggression. Children with this ability tend to be more well-liked by their peers.

Teaches Turn-Taking and Cooperation

When roughhousing with your children, you can be the chaser or the chased; you take turns pinning each other down. You take turns being the on the dominant side and on the losing side. This keeps the fun going.

Teaches Boundaries

When we roughhouse with our sons and daughters, they learn about boundaries and the difference between right and wrong. If your child starts hitting too hard or becoming mean, they are taken out of play and you review the rules and show them, by example, what appropriate roughhousing looks like.

Teaches the Appropriate use of Power

When we roughhouse, we take turns with the dominant role. As parents, we are bigger and stronger, so we have to handicap ourselves. The message is: "You don't have to win all the time. You don't always have to dominate. It is important to show compassion for those weaker than you."

Promotes Physically Activity

If you want your kids to be healthy and active, be healthy and active yourself.

Running, wrestling, and tackling helps children develop strength, flexibility, and coordination.

Builds the Father-Child Bond

Men and boys display their affection through physical interactions more so than hugs, kisses and gushy words. When dad's roughhouse with their children, their children learn that they can trust their dad and he will keep them safe.

Builds Confidence

Studies have found that girls who roughhouse with their fathers tend to be more confident and less likely to engage in social bullying of other girls.

Reference: Retrieved from <http://www.artofmanliness.com/2012/02/07/the-importance-of-roughhousing-with-your-kids/> on Nov 28, 2013

Other Useful Sites:

theartofroughhousing.com/

www.pbs.org/opb/raisingcain

www.michaelthompson-phd.com/books/raising-cain/

www.mentoringboys.com

<http://tvnz.co.nz/national-news/school-ditches-rules-and-loses-bullies-5807957> (*correction - cited incorrectly as British Columbia in "The Power of Play" webinar – it is actually in New Zealand)