

UNPLUG AND PLAY

by Anthony T. DeBenedet, M.D.
and Lawrence J. Cohen, Ph.D.

Specs:

Categories: Adult Nonfiction:
Parenting, Child Psychology,
Family Activities, Toddlers

Format: Flexibind, 192 pages,
2 c designed interior with
instructional illustrations

On Sale Date: 7 March 2023
ARC Date: September 2022

Target Reader:

Parents-to-be and parents of
young children (ages 2–10)

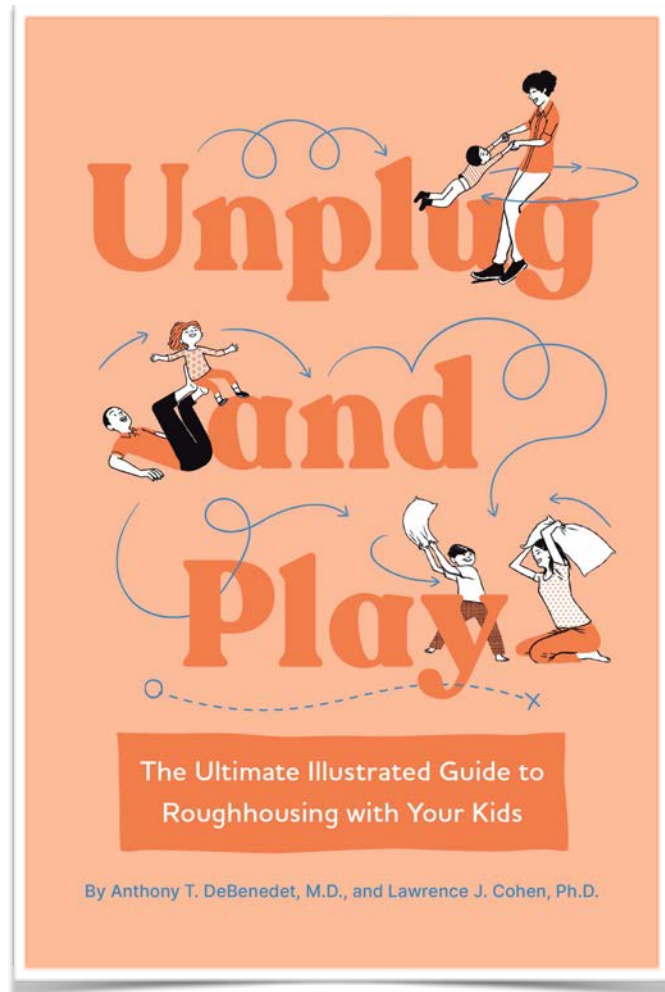
Other family members looking
for enriching games to play
with young relatives

Fans of *Bluey* and other
children's media that hinges
on the importance of play

Rights:

Rights Available: Translation,
Ancillary/Paper Goods, Film/
TV/Dramatic

Rights Sold: World English
Audio (Blackstone), Simplified
Chinese (Beijing Youxili),
Korean (Forestbooks), Polish
(Mamania), Turkish (Gorunmez
Adam)



Learn how rough-and-tumble play can nurture close parent-child connections, encourage resilience, and boost confidence—with 50 illustrated activities to get you started.





Key Selling Points

- **FOR PARENTS WHO WANT TO PLAY:** Will appeal to new parents as well as to more seasoned parents who want to get away from screens and reconnect with physical play in a new way.
- **EXPERT AUTHORS:** The authors are an M.D. and a psychologist, both parents themselves.
- **TIMELY ADVICE FOR REDUCING SCREEN TIME:** This book offers a way to boost kids' resilience and confidence while also nurturing family connections, all without TV or phones.
- **DOWN-TO-EARTH TONE:** Presents scientific evidence that roughhousing is good for kids in a readable, friendly voice.
- **A RESOURCE FOR YEARS:** Start roughhousing when your kids are small, then move to the more advanced activities as they grow.
- **50 ILLUSTRATED ACTIVITIES:** Easy-to-follow, illustrated ideas for rowdy games to play with your kids.

About the Book:

Every kid needs horseplay! Roughhousing is an essential part of childhood development—but it's increasingly overlooked in favor of screen time and structured activities. In *Unplug and Play*, a doctor and a child psychologist—both dads—introduce parents to the benefits of physical play for young children.

Drawing from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present fun full-contact activities for parents and children to enjoy together, including:

- Human Cannonball
- Magic Carpet Ride
- Pillow Fights... and more!

With activities for everyone from toddlers to kids ages 12 and up, you'll build a foundation for a lifetime of enriching physical play.

Previously published as *The Art of Roughhousing* in 2011, this updated and re-illustrated edition incorporates new child development research and addresses the changing role of screen time.

About the Authors:

Anthony T. DeBenedet, M.D. is a practicing physician, behavioral-science enthusiast, and energetic dad. His interviews and writings on play, health, wellness, and behavior have run in multiple major media outlets. He is the author of *Playful Intelligence: The Power of Living Lightly in a Serious World* (Santa Monica Press, 2018).

Lawrence J. Cohen, Ph.D. is a licensed psychologist, author, and consultant living in Portland, Oregon. Larry is the author of *The Opposite of Worry*, a book for parents about childhood anxiety and fears, and *Playful Parenting*, an award-winning book about nurturing close connections, solving behavior problems, and encouraging children's confidence. He is also coauthor, with Michael Thompson and Catherine O'Neill Grace, of *Best Friends, Worst Enemies: Friendship, Popularity and Social Cruelty in the Lives of Boys and Girls*, and *Mom, They're Teasing Me: Helping Children Solve Social Problems*. He specializes in children's play and play therapy.