

QUOTES

ON

PLAY AND LAUGHTER

AMERICAN ACADEMY OF PEDIATRICS SAYS

“Play is so important to optimal child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child...we must advocate for the changes specific to the need of each child’s social and environmental context that would enhance the opportunities for play ”

American Academy of Pediatrics, “The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds,” 2007.

<http://www2.aap.org/pressroom/playfinal.pdf>

Only 36% of American schoolchildren meet doctors' recommendations for physical activity.

(Robert Wood Johnson Foundation report Recess Rules, 2007).

“When play is allowed to be child driven, children practice decision-making skills, move at their own pace, discover their own areas of interest, and ultimately engage fully in the passions they wish to pursue. Ideally, much of play involves adults, but when play is controlled by adults, children acquiesce to adult rules and concerns and lose some of the benefits play offers them, particularly in developing creativity, leadership, and group skills”

American Academy of Pediatrics, “The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds,” 2007.

“[Pediatricians should be] reminding parents that the cornerstones of parenting—listening, caring, and guiding through effective and developmentally appropriate discipline—and sharing pleasurable time together are the true predictors of childhood, and they serve as a springboard toward a happy, successful adulthood.”

American Academy of Pediatrics, “The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds,” 2007.

ROUGHHOUSING

(ROUGH AND TUMBLE PLAY/BIG BODY PLAY)

‘[Rough-and-tumble] play in animals and humans... is necessary for the development and maintenance of social awareness, cooperation, fairness, and altruism.’

‘Lack of experience with rough-and-tumble play hampers the normal give-and-take necessary for social mastery and has been linked to poor control of violent responses later in life.’

“Roughhousing activates many different parts of the body and the brain, from the amygdalae, which processes emotions, and the cerebellum, which handles complex motor skills, to the prefrontal cortex, which makes high-level judgments. The result is that every roughhousing playtime is beneficial for body and brain as well as for the loftiest levels of the human spirit: honor, integrity, morality, kindness, and cooperation.

Bekoff, Marc & Pierce, Jessica., *Wild Justice: The Moral Lives of Animals*, 2010.

“Animal behaviorists have observed that the smarter the species, the more its youngsters engage in physical play. Roughhousing releases a chemical called brain-derived neurotrophic factor (BDNF). As Margot Sunderland writes in *The Science of Parenting*, BDNF is like fertilizer for our brains. It helps stimulate neuron growth within the cortex and hippocampus, both of which are vital to higher learning, memory, and advanced behavior such as language and logic. Put simply, play makes animals smarter.”

Anthony T. DeBenedet & Lawrence J. Cohen, *The Art of Roughhousing; Good Old-Fashioned Horseplay and Why Every Kid Needs It*, 2010.

“...physical play trains mammals to cope with the unpredictable; it makes their brains more behaviorally flexible and increases their learning capacities.”

Bekoff, Marc & Pierce, Jessica., *Wild Justice: The Moral Lives of Animals*, 2010.

“Half-hour physical play-sessions half an hour or so before bedtime may help reduce all too common going-to-sleep problems in youngsters.”

Jaak Panksepp “Can PLAY Diminish ADHD and Facilitate the Construction of the Social Brain?”
Journal of the Canadian Academy of Child and Adolescent Psychiatry L6:2 May 2007.

PLAYFUL PARENTING

“Playful parenting is a way to enter the child’s world on the child’s terms, in order to foster closeness, confidence and connection”

Cohen, Lawrence. Playful Parenting. Ballantine Books. 2002.

“They may be annoying, obnoxious, or downright infuriating as they try desperately to signal us that they need more connection. These situations call for creating more playtime, not doling out punishment or leaving the lonely child alone”

Cohen, Lawrence. Playful Parenting. Ballantine Books. 2002.

“Playfulness turned a time that used to be full of frustration for both of us, into something fun, enjoyable, and confidence building. Of course, to get to that point, I had to put in some time up front. As every parent knows that time may be hard to find, but it paid off in a very short while”

Cohen, Lawrence. Playful Parenting. Ballantine Books. 2002.

HOMO LUDENS

MAN THE PLAYER

“Play will be to the 21st century what work was to the last 300 years of industrial society—our dominant way of knowing, doing and creating value.”

Pat Kane, author of *The Play Ethic*.

“The opposite of play isn’t work. It’s depression. To play is to act out and be willful, exultant and committed as if one is assured of one’s prospects.”

Brian Sutton-Smith, professor of education [emeritus], University of Pennsylvania

LAUGHTER

Laughter is the shortest distance
between two people.

Victor Borge

The human race has only one effective weapon and that is laughter.

Mark Twain

He who laughs, lasts.

Mary Pettibone Poole

A good laugh is sunshine in a house.

William Makepeace Thackeray

You can discover more about a person in an hour
of play than in a year of conversation.

Plato