

**Are you looking for a new approach to discipline?  
Does your child's behavior make you feel  
helpless, impatient, or angry?  
Are you tired of power struggles?**

*Attachment Play* will help you solve discipline problems with children from birth to age twelve without using punishments or rewards. It delves beneath the surface of typical conflicts by addressing the underlying emotions that can lead to challenging behavior. This playful and revolutionary approach to parenting will show you how to:

- Gain cooperation while avoiding power struggles
- Decrease sibling rivalry and aggressive behavior
- Solve homework and bedtime problems
- Help your children overcome fears
- Strengthen your connection to your children
- Bring joy and laughter into your home

**Aletha Solter** is a Swiss/American developmental psychologist living in Southern California. She studied with Dr. Jean Piaget in Geneva, Switzerland, where she earned a Master's Degree in human biology. She holds a Ph.D. in psychology from the University of California. Her four previous books have been translated into many languages. The titles are *The Aware Baby*, *Helping Young Children Flourish*, *Tears and Tantrums*, and *Raising Drug-Free Kids*. Dr. Solter is the founder of the Aware Parenting Institute ([www.awareparenting.com](http://www.awareparenting.com)), and she is recognized internationally as an expert on attachment, trauma, and non-punitive discipline.

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ALETHA J. SOLTER, PH.D.  
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**How to solve children's behavior problems  
with play, laughter, and connection**

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