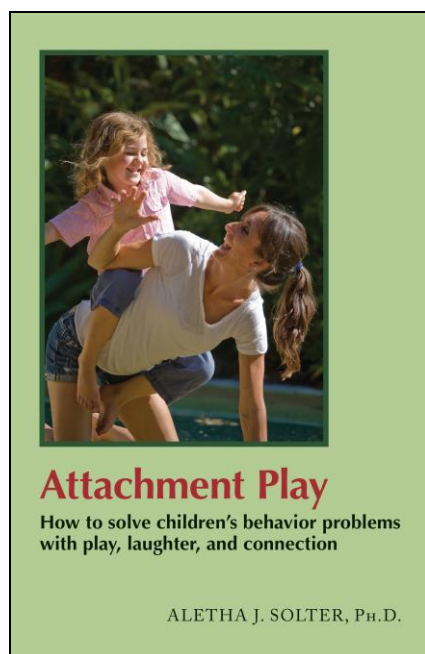


# **Attachment Play: How to solve children's behavior problems with play, laughter, and connection**

**by Aletha Solter, Ph.D.**

**(Developmental psychologist and founder of the Aware Parenting Institute)**



- 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

Publication date: 2013

Publisher: Shining Star Press/Aware Parenting Institute

Softcover, 203 pages, 5.5 x 8.5 inches

ISBN: 978-09613073-8-7

Price: \$14.95

Contains almost 100 references

Foreign language rights sold: Chinese, Czech, French,  
German, Hebrew, Hungarian, Korean, Lithuanian,  
Romanian, Spanish, Turkish

*Attachment Play* describes a revolutionary approach to parenting. Instead of focusing on setting limits and enforcing consequences, this book explains how to solve typical behavior problems with interactive play and humor. Parents of children from birth to age twelve will be delighted to learn how easy it can be to transform their children's behavior without the use of punishment.

The author has developed a unique synthesis of highly effective and enjoyable parent/child play activities during the past 25 years in her work as a parenting consultant and workshop leader. She uses the term *attachment play* to refer to the nine specific forms of play that she recommends most frequently to her clients. These nine forms of play share several distinctive characteristics, which differentiate them from traditional games or sports. They are non-competitive, do not require any special equipment, and often involve laughter.

Attachment theory provides the basis for the book's approach. Social interaction, beginning in infancy, lies at the root of healthy attachment. When children lack a responsive, joyful relationship with their parents, they feel insecure and have more behavior problems. The nine forms of attachment play can strengthen the parent/child connection and "win" children over so they become more willing to cooperate without any coercion at all.

The book is also based on research in the fields of psychological trauma and play therapy. Children's behavior may become more difficult when they experience stressful events such as parental divorce, the birth of a sibling, or medical procedures. At those times, merely addressing the superficial behavior is rarely effective. The book delves beneath the surface of typical discipline problems by addressing these specific sources of stress or trauma, which often lie at the root of challenging behaviors. Several forms of attachment play can help children through these difficult times and promote healing. As children recover from stress or trauma, their behavior usually improves spontaneously without any further intervention.

The book consists of three sections: 1) Getting started, 2) Using Attachment Play to solve discipline problems, and 3) Using Attachment Play to help your child through difficult times. Each of the chapters in these sections stands on its own. This user-friendly organization helps busy parents easily find relevant information and practical suggestions for their particular family situation. The style is clear, concise, and highly supportive of parents. Sprinkled throughout the text are inspiring real-life examples, which illustrate and clarify the approach.

The book ends with a well-researched section describing the scientific basis for attachment play. The author cites numerous studies demonstrating the effectiveness of these play-based activities in transforming children's challenging behaviors.

Attachment Play has been favorably reviewed by numerous psychologists, educators, and parents.

### **About the author**

Dr. 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 parenting books have been translated into many languages. 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. She has led workshops for parenting and professionals in 18 countries.

