

TRANSCRIPT OF MEDIA-How rough play shapes stronger, smarter kids

Kyle Boerke (pronounced BUR-key), director of Outpatient Behavioral Health Services, OSF HealthCare

Aggressive physical play between parents and their children results in less aggressive kids

"During physical play, fathers especially who exert some levels of dominance actually have more well-adjusted kiddos; more socially adjusted and more confident kiddos whereas with more passive fathers, we actually get children who engage in more physical aggression. So, it's kind of opposite of what some people who are hesitant might think." (:25)

Active play helps kids learn to regulate their emotions

"I might be starting to get frustrated but I'm learning how to deal with that frustration. I'm learning how to be assertive and say, 'I would like to stop or please stop.' And if it's high-quality interaction the parent is going to stop and now I'm learning that if I advocate for myself, then things are going to turn out the right way." (:23)

Rough and tumble play activates pleasure hormones.

"One of the most fascinating parts of research on this rough and tumble play is we actually get equal, if not higher, levels of this hormone oxytocin at the end of a rough-and-tumble play session than we do when we simply sit on the couch and cuddle with our kiddos. So it actually strengthens the bond with my child." (:20)

There is no age limit for rough and tumble play. The type just morphs a bit.

"What was wrestling or chase and flee, what was tickling and throwing them in the air when they were little turned into we're going to play a one on one game of basketball, you know, at a park. Or if I have a hoop at my house, there's rough and tumble play in that too, right?" (:21)