

# Your Active Child: How to Boost Physical, Emotional, and Cognitive Development through Age-Appropriate Activity



A guide to protecting children under eight years old from becoming either lethargic or high-strung. Today, many children fall into one of two categories, neither of which is healthy: one group is almost entirely inactive, and the other spends most of their free time in highly structured, overly stressful competitive sports that are age-inappropriate. As an expert on children's movement and development, and as a consultant to the Children's Television Workshop, Gymboree, YMCA of the USA, and other groups, Rae Pica shows how the right kinds of activities increase children's enjoyment of physical activity for a lifetime. With straight talk on what works, what doesn't, and why, Pica teaches parents: Why raising a Super Kid is as dangerous as raising a Couch Potato. Unique activity ideas and the benefits of cooperative activities. How to recognize when a child is too active or not active enough. Why competitive sports programs aren't the answer. And much more.

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