



Rest, Play, Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One)

Deborah MacNamara PhD

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Based on the work of one of the world's foremost child development experts, *Rest, Play, Grow* offers a road map to making sense of young children, and is what every toddler, preschooler, and kindergartner wishes we understood about them, Baffling and beloved, with the capacity to go from joy to frustration in seconds, young children are some of the most misunderstood people on the planet. Parents and caregivers struggle with these little ones, who are known for their extreme behaviour, from tantrums, resistance, and aggression to separation anxiety, bedtime protests, and not listening. The key to understanding youngsters lies in realizing that their challenging behaviour is not personal, nor is it a disorder or deficit. Based on science and the relational developmental approach of renowned psychologist and bestselling author Gordon Neufeld, *Rest, Play, Grow* reveals how critical adults are in shaping the conditions to ensure young children flourish. This is the story of how young children develop, from their intense need for attachment and the vital importance of play to discipline that preserves growth. Engagingly written, with compassion for its subjects and rich with stories from them and their parents, *Rest, Play, Grow* will forever change the way you think of the preschoolers in your life.

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