

At times it can seem little more than controlled chaos, but when it comes to roughhousing, be it peer-to-peer or parent-and-child, there can be numerous benefits according to Larry Cohen, a licensed psychologist and author of "The Art of Roughhousing". "There's been some research that children who do more roughhousing at home and with their peers, they do better in school. They have more emotional intelligence, which is basically knowing your own emotions, understanding them and being able to read and understand other people's emotions." Says Cohen.

Cohen also believes that for children, especially those who are shy, roughhousing and wrestling around can be one way to help build inner confidence. "We kind of think of roughhousing sometimes as a free-for-all, but you actually have to tune in to each other and that's great for building a connection. And I think our society now we are just pushing children so hard to achieve and perform and they don't get enough time to just roll around on the floor," adds Cohen.