

Dr. Laura in *Men's Health* magazine, June 2013

Men's Health

BE A POP STAR

It's a race: your kids' growth rate versus your time to influence them. Note the hurdles and clear them with ease.

Ages 4 to 7



Show Your Love

Roughhouse for 10 minutes a day: To a 4-year-old, the world is all big dogs, huge adults, and faraway bathrooms. Shrieking with laughter can purge anxiety and settle the little one for dinner and sleep; it also releases oxytocin, the bonding hormone. "Parenting is 90 percent connection, 10 percent guidance," says Laura Markham, Ph.D., author of *Peaceful Parent, Happy Kids*.

Article by Steve Calechman, June, 6th, 2013.

<http://www.menshealth.com/best-life/be-pop-star>