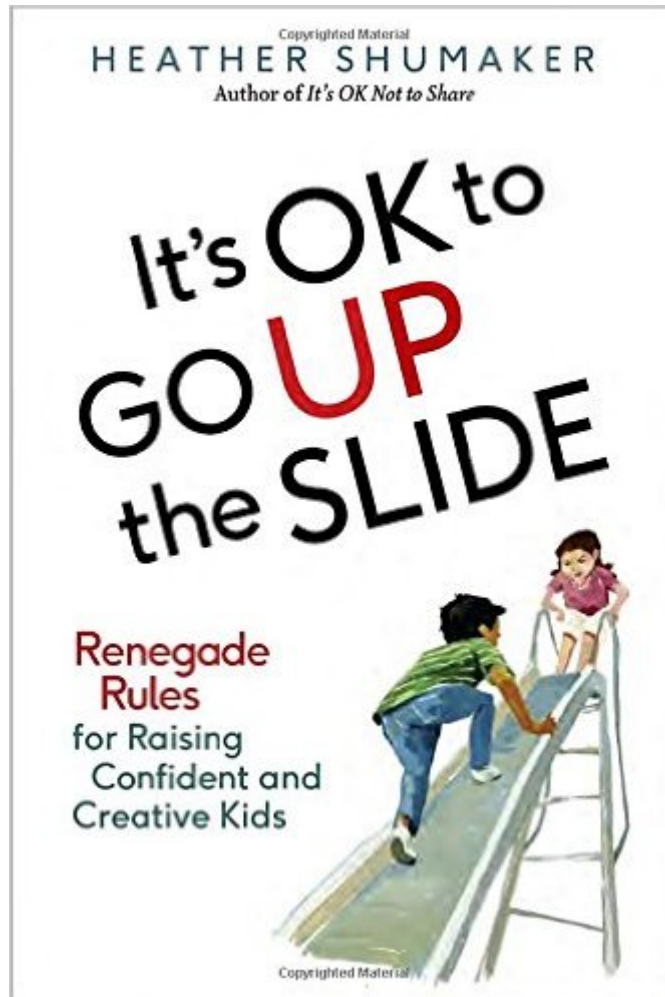


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# It's OK To Go Up The Slide: Renegade Rules For Raising Confident And Creative Kids



## Synopsis

When it comes to parenting, sometimes you have to trust your gut. With her first book, *It's OK Not to Share*, Heather Shumaker overturned all the conventional rules of parenting with her "renegade rules" for raising competent and compassionate kids. In *It's OK to Go Up the Slide*, Shumaker takes on new hot-button issues with renegade rules such as: "Recess Is A Right" - *It's OK Not To Kiss Grandma* - *Ban Homework in Elementary School* - *Safety Second* - *Don't Force Participation* - Shumaker also offers broader guidance on how parents can control their own fears and move from an overscheduled life to one of more free play. Parenting can too often be reduced to shuttling kids between enrichment classes, but Shumaker challenges parents to reevaluate how they're spending their precious family time. This book helps parents help their kids develop important life skills in an age-appropriate way. Most important, parents must model these skills, whether it's technology use, confronting conflict, or coping emotionally with setbacks. Sometimes being a good parent means breaking all the rules.

## Book Information

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## Customer Reviews

Last week a friend referred me to the author's online post "Ban Elementary Homework," which I wholeheartedly agreed with, so I was thrilled to read her entire book. Heather Shumaker is an excellent writer who balances anecdotal evidence and quotes from families with studies from major schools dedicated to educational research and writes in a brisk, newsy style. She is clean and clear and not cutesy, like so many writers and bloggers dedicated to child-rearing can be, yet I really appreciated that she delivers so much information without bogging down in footnotes or overly technical writing. She has a list of resources at the end if you want to follow any particular topic

more deeply, but in the body of the book she keeps the information flowing, informative, and fascinating. I cannot agree more with her approach to child-rearing and education, and I hope more parents read her writing and step up to advocate for real change in the way we attempt to bring up and educate our children. There were many issues that I was already on board with (concern about overly academic kindergarten and questioning the merits of homework in elementary school), so it was nice to see the research back up my instincts. There were other issues that have bothered me but I hadn't quite articulated why (signing homework packets has always felt weird, so I just quit signing them, and her arguments against signing were persuasive and she gives advice for how to tackle this issue directly). After years of struggling with my older son's ridiculous busy-work homework, I will now feel equipped with the research and confident in my instincts to talk to my younger son's teachers about our family choice to claim family time as our own and swap out their homework worksheets for family reading time, as the author suggests. We are also in a school that has recently given laptops to every student from second grade up, and the research she presents on the damage of too much screen time is excellent, balanced, and again, makes me feel more confident to question the school's methods and set our own limits for digital "learning." I really hope this sparks a much-needed evaluation of what our elementary schools have become, and gives more parents who are deeply concerned about educational practices that aren't supported by good research the confidence to address these problems in their communities and schools. I highly recommend this book, and look forward to more good work from this author.

Another outstanding book, both from a content standpoint and a technical standpoint. Chapter after chapter of brilliant but common-sense ideas on how parents (and teachers too) can reclaim some sanity in their lives by changing the way they think about raising (teaching) their children. The format is logical and proceeds incrementally, with many chapters building on previous chapters. Especially important are the chapters on cell phones, homework, recess, and free play for children as opposed to adult-organized and attended play time. Well organized, easy to read, and told in a concise style that won't waste a reader's time. I can't recommend this book too highly.

Heather's ability to get inside the child to see what is truly happening instead of what adults wish would happen makes it one of a kind read. I worry that risk taking and creative expression are being squashed in the name of safety and coloring dittoes. Jan Waters Retired Director of the School For Young Children.

An excellent book with chapters on various topics. It encourages parents to reexamine unconsciously-held beliefs that things must be done a certain way, and decide whether we actually agree with the underlying message or the long-term results of doing things that way. This will have a place on my bookshelf for years to come.

An eye-opening read for parents, I wish Ms. Shumaker's wisdom had been available in book form when I was raising my son. If you enjoyed reading *IT'S OK NOT TO SHARE*, you're going to love its equally liberating companion, *IT'S OKAY TO GO UP THE SLIDE*. With actionable guidance, this watershed book will help your parenting style to thrive.

Brilliant book, and one that's sure to raise eyebrows from overprotective parents. Heather Shumaker isn't advocating for parental anarchy, no, she's simply making the case to allow kids to have more direct interaction with the world's bumps, bruises, hurt feelings and all. Kids are smarter and more resilient than we give them credit for, and it's crucial that they engage with real life as much as possible otherwise risk being ill-equipped to deal with the ever-changing chaos. And bravo to Heather for unapologetically standing up to the tyranny of grade school homework and the parental signature. Both are lazy shams gone unchallenged for far too long. She's my new hero.

Love this book! This and *It's OK Not to Share* (her other book) are two of my all time favorites

A must read for early childhood educators and parents of young children!

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