



The Parent-Child Dance: Strategies and Techniques for Staying One Step Ahead

Ronald A. Kotkin PhD, Aubrey H. Fine EdD

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A unique manual to raising a child—for parents everywhere—using the metaphor of dance to provide expert, comforting advice.

Having children and raising a family should be the greatest joy in one's life, but it is a role that requires tremendous responsibility and patience. As parents, our job is to provide a strong foundation for our children, so that they can eventually grow up to become self-sufficient adults. However, just like everything in life, all children are different, some requiring more support than others and to varying degrees over time. Parenting is like a dance between parent and child. The more seamless the movements, the more graceful the interaction. When a parent takes the lead or decides to share, over time with practice, the dance can be smooth and effortless.

Nevertheless, when the child is unintentionally allowed to take the lead, the parent-child dance may appear more rocky and unstable. This often occurs when the parent is unclear and at odds with their role. The ensuing battle for the lead may cause disharmony in the relationship and the dance. Parenting is a lifelong commitment that takes patience, thoughtfulness, and skill. *The Parent-Child Dance* is designed to explain the concept of the dance and act as a catalyst for encouraging parents to begin their journey in making positive changes in their child's life. Parents will recognize the scenarios and gain insight through humorous examples and step-by-step strategies to avoid disharmony.

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