



tarcherperigee

LEARN. CREATE. GROW.

For Immediate Release:
March 8, 2015

Publicity Contact: Keely Platte
510-910-1667
kplatte@penguinrandomhouse.com

Praise for IT'S OK TO GO UP THE SLIDE:

"It's going to rock some boats, challenge some thinking, and nudge some adults in the right direction."

— **Jeff A. Johnson, author of *Let Them Play***

Praise for IT'S OK NOT TO SHARE:

"Rarely do parenting books trigger in me an exhale. But the title alone for Heather Shumaker's new book came like that rare August breeze."

— ***The Washington Post* "On Parenting"**

"Brilliant. . . . *It's OK Not to Share* is an enlightening book that will make you take a second look at everything you believe."

— **Parents.com**

IT'S OK TO GO UP THE SLIDE:

Renegade Rules for Raising Confident and Creative Kids

by Heather Shumaker

Heather Shumaker has an unusual stance on many hot-button parenting topics. For example: elementary school homework. Shumaker believes we should ban homework and allow our kids to spend their time doing better things, and studies support her stance. According to recent research, homework has no academic benefit in elementary school, and has very little impact in middle school. Shumaker says when it comes to disciplining, protecting and educating our children, it can be easy to fall back on old mantras and, outdated protocols instead of trusting our gut on what is best for our kids.

In her forthcoming release **IT'S OK TO GO UP THE SLIDE: *Renegade Rules for Raising Confident and Creative Kids***, Heather Shumaker advocates for reinventing our concept of proper parenting, including doing away with homework during the early years and not discouraging our kids from expressing their anger—even if it means being mean. The Golden Rule for Heather Shumaker's first book ***It's OK Not to Share*** was "It's OK if it's not hurting people or property." The guiding principle for her new release, which specifically addresses parents with school-age children, is "If something's bothering you, it's time to make a change." She applies this to many contentious issues parents deal with today, including:

- Risk and independence – whether dealing with knives in the kitchen or talking to strangers or playground rules, limiting risk can actually be more dangerous than welcoming healthy risk;
- Children’s rights at school – Shumaker discusses the benefits of recess, why we should ban homework, and how parents should communicate with teachers and school administrators;
- Participation not necessary – all behavior has meaning so if a kid isn’t joining group action, consider the reasons why rather than forcing interaction;
- Acknowledging scary stories and news disasters – don’t try to protect kids from unpleasant things in the world but help them understand the full range of feelings and emotions;
- Sharing unfair history – kids have a deep sense of fairness and readily understand injustice. Start young so they can make sense of the world and their place in it.

With this new book, Shumaker helps parents clarify their own personal renegade convictions and inspires them to make the world a better fit for their children.

About the Author:

Heather Shumaker is a journalist whose writing has appeared in *Parenting*, *Pregnancy*, and other publications. Her first book was *It's OK Not to Share and Other Renegade Rules for Raising Competent and Compassionate Kids*. An advocate of free, unstructured play in homes and schools, she lives in northern Michigan with her husband and two children. Learn more at www.heathershumaker.com.

#

**IT'S OK TO GO UP THE SLIDE:
Renegade Rules for Raising Confident and Creative Kids**
By Heather Shumaker
TarcherPerigee paperback | \$16.00 | 978-0-399-17200-7 | on-sale March 8, 2016