



The Brat Stops Here!: 5 Weeks (or Less) to No More Tantrums, Arguing, or Bad Behavior

Mary-Elaine Jacobsen Psy.P. L.P.

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In her private practice, Mary-Elaine Jacobsen worked with thousands of parents to help them with their defiant, obnoxious, and challenging children. By following her program parents have seen their children's arguing, tantrums, and disobedience come to an end.

In **THE BRAT STOPS HERE**, Dr. Jacobsen comprehensively outlines her program for giving parents the essential tools they need to set limits and expectations and follow through with their kids when they cross the line. The key to Dr. Jacobsen's program is the Privileges On/Privileges Off approach. When a child does not comply with the rules of the house (which are carefully explained to the child in an age appropriate manner), he or she loses all privileges and must earn them back by apologizing, acknowledging what they would do differently, doing what was asked of them in the first place, and performing an additional chore. Following this approach consistently over the course of five weeks will have a dramatic effect on the household--including reducing tension in the interaction between parents and children, developing skills that will help children get along better at home and at school, and laying the foundation for children to become self-sufficient, responsible adults.

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