



# **Four Weeks to a Better-Behaved Child: Breakthrough Discipline Techniques that Really Work**

*Cristine Chandler, Laura McGrath*

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# Four Weeks to a Better-Behaved Child: Breakthrough Discipline Techniques that Really Work

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### **A smart, easy-to-implement, and unique approach to positive disciplining**

Drawing on her highly successful methods developed in her private practice, Dr. Cristine Chandler lays out clear, step-by-step instructions to help parents foster good behavior in their children based on the positive premise: that children behave well when they understand clearly what is expected of them.

Most discipline problems occur when parents are inconsistent about what they expect. *Four Weeks to a Better-Behaved Child* shows parents how to implement the "4Cs" of discipline in their daily practice: use clear, consistent, contingent consequences. Moreover, in this concise, straightforward book, Dr. Chandler challenges several commonly used approaches to discipline and provides alternatives. She shows parents:

- Why punishment is often the least effective way to discipline children
- Why anger never works
- Why "time-out" works only sometimes--and what to do instead
- How to use consequences to encourage--and get--good behavior

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Reading can be called a thought hangout, why? Because when you are reading a book especially a book entitled *Four Weeks to a Better-Behaved Child: Breakthrough Discipline Techniques that Really Work* your brain will drift away through every dimension, wandering in most aspects that maybe mysterious for but surely will end up your mind friends. Imagining every word written in a publication then become one web form conclusion and explanation that maybe you never get ahead of. The *Four Weeks to a Better-Behaved Child: Breakthrough Discipline Techniques that Really Work* giving you an additional experience more than blown away your thoughts but also giving you useful details for your better life in this particular era. So now let us demonstrate the relaxing pattern this is your body and mind are going to be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

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