



Dear Jean,

Before reading Cooperation Counts I had just about given up on trying to find a way to improve my twin's behavior. Everyday was a power struggle. I remember physically holding my 3 year old son down to get him dressed in the morning. Why? Well, because I told him he had to get dressed and he did not want to. I remember threatening to take away favorite toys and/or call Santa Claus. These threats would get his attention but they would contribute towards his anger and possessiveness of his toys. I was at the point where I accepted the daily struggles and kept telling myself "This too shall pass, they will grow out of this".

I was introduced to the Cooperation Counts program by my daughter's occupational therapist when my twins were 4 and a half. I read the pamphlet and immediately contacted Jean, ordered her book, and waited eagerly for it to arrive. When it did I read it in one day. I was happy it was a short, easy read since I do not have hardly any down time with my twins and my one year old son running around. I related to the stories in the book. I immediately printed out the 3's charts and the star charts on the website. I explained the program to my twins. It helped to first show them the picture on the website with the numbers 1 2 3 on it and an expressive face over each number. I didn't know how much they understood from me explaining the program so I jumped in and began implementing it. They caught on fast and soon understood the value of stars and the downside of having 3's. I couldn't believe it but it made perfect sense, once a child WANTS to behave the power struggle is eliminated, HALLELUJAH! Finally an answer to my prayers!

My major obstacle was I had a hard time giving 3's. I was more likely to do big pauses after saying "that's a 2". I was afraid to give a 3 because I was trying to avoid the tantrum! They caught on to this and continued the behavior knowing mom isn't saying "that's a 3", she's just counting to 2 and warning us a 3 is going to come. Once I realized I

**was doing this (and Jean does mention this in her book about not saying 2 and a half) I stopped and things progressed a lot quicker.**

**I feel the most brilliant part of the program is using the star chart to reward the behaviors that were often 3's in the beginning. For us it was dressing and stopping computer time. I make sure that they always earn a star for "getting dressed quickly" and "Not getting upset when the computer is all done" since these were the consistent 3's and the tantrums when I initially began the program. Now they comply without prompting and ask for a star. It also helps for them to see me write on the star chart and the 3 chart. They enjoy counting how many stars they need to earn their "something special". When the time comes for them to enjoy their special something I always read their list of star behavior, which is a wonderful confident booster for them and me as a parent.**

**To have a system that works is amazing. I finally have a tool in place to parent my children without threats, anger, and emotions coming into play. The chaos in our family has been replaced with cooperation. Thank you Jean for your simple yet highly effective life changing system!**

**AH**

**Contact Jean at [Jeanhamburg@comcast.net](mailto:Jeanhamburg@comcast.net) if you want to connect with this Mom.**