



Mean Moms Rule: Why Doing the Hard Stuff Now Creates Good Kids Later

Denise Schipani

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Denise Schipani shares her secret to being a 'Mean Mom,' and why it's better for your kids—and for you—in the long run." —Jen Singer, author *You're a Good Mom (and Your Kids Aren't So Bad Either)*

"'Mean' moms make kids learn to do things for themselves from making breakfast to finding inner peace. I'm hoping I'm a little meaner myself after reading this book." —Lenore Skenazy, founder of the book and blog *Free-Range Kids*

"I've chosen to be the kind of mother I feel is **best**, and that kind of mother is **mean**."

MEAN MOMS SAY **NO**.

MEAN MOMS ARE **CONSISTENT**.

MEAN MOMS **TRUST THEMSELVES**.

MEAN MOMS **DON'T CARE WHAT EVERYONE ELSE IS DOING**.

MEAN MOMS **TEACH** KIDS THE LIFE SKILLS THEY NEED TO KNOW.

MEAN MOMS **SLOW IT DOWN**.

MEAN MOMS **FAIL THEIR KIDS** A LITTLE BIT EVERY DAY.

And mean moms prepare their kids for the world, not the world for their kids, raising children into adults who know how to make themselves happy.

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