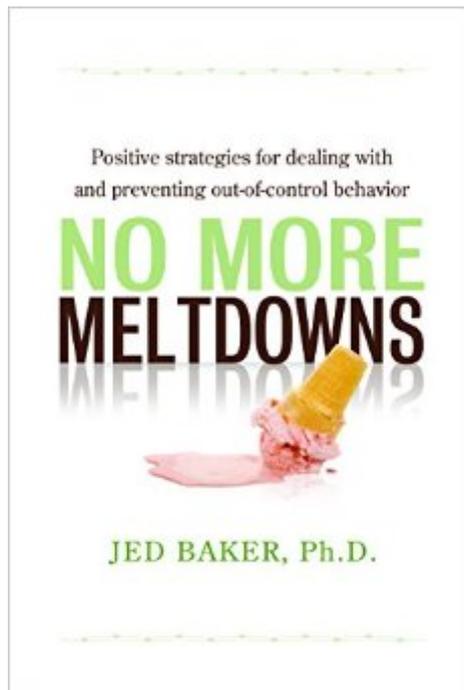


The book was found

No More Meltdowns: Positive Strategies For Managing And Preventing Out-Of-Control Behavior



Synopsis

It could happen at the grocery store. At a restaurant. At school. At home. Meltdowns are stressful for both child and adult, but Dr. Baker can help! Author of the award-winning Social Skills Picture Book series, Dr. Jed Baker offers parents and teachers strategies for preventing and managing meltdowns. His 20+ years of experience working with children on the autism spectrum, combined with his personal experiences raising his own children, have yielded time-tested strategies, and results! Dr. Baker offers an easy-to-follow, 4-step model that will improve your everyday relationships with the children in your life: 1) Managing your own emotions by adjusting your expectations, 2) Learning strategies to calm a meltdown in the moment, 3) Understanding why a meltdown occurs, and 4) Creating plans to prevent future meltdowns. Helpful chapters include: Meltdowns: When rewards and punishments are not enough What are meltdowns made of? Accepting and appreciating our children De-escalating a meltdown Understanding why repeat problems occur Creating a prevention plan Demands Waiting Threats to self-image Unmet wishes for attention

Book Information

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Customer Reviews

This is an amazing book! I have a six year old daughter with Autism who has major meltdowns and I've read and tried everything under the sun with no success. That all changed when we implemented the ideas in Jed Baker's book. It is a quick read loaded with proven techniques for managing many behavior problems. So many books I've read in the past provide you with theories

that are not so easy to implement. This book gives you step-by-step instructions for improving countless behavior problems. If you are struggling with meltdowns, do yourself a favor and purchase this book, it truly is the answer you've been looking for!

What a wonderful book! It's an easy to understand and follow approach that made my wife and I not only focus on our child's behaviors in a more constructive way, but also on our own. We only just got this book a short time ago, and the early implementation of it's teachings has already significantly reduced our son's "outbursts" and those that remain are short lived and becoming less and less frequent. We are happier parents and our son is a happier boy for having been exposed to this book. If you are a parent with similar circumstances---or if you are a mental care professional, this is a book that can improve your life! Thanks Dr. Baker.

Do any of these sound familiar: Regular morning temper tantrums over getting ready for school or getting out to the bus in time? A meltdown over not wanting to try a new food? Or about being told "no" they can't do something they particularly want to do right then? Or about going to bed when they are supposed to? There's countless other types of "meltdowns" that this book provides specific, easy to understand strategies for handling and preventing that will be helpful to any parent that faces them regularly. The book starts by helping you identify what triggers the specific type of meltdown - a demand that's not being met, not wanting to wait for gratification, threats to self image or unmet wishes or demands for attention. Within those, it goes on to give the specific examples of meltdowns with a case study, ideas for changing the trigger, strategies for defusing the situation immediately, and ways to prevent it from happening again. Bottom Line: An easy to read, easy to follow guide to help you understand, defuse and prevent virtually any type of meltdown your child may do regularly.

No More Meltdowns is a good resource for teachers and parents. This is help for those at a loss for WHY something may be triggering a tantrum or meltdown with a child and ways to avoid the triggers. When you avoid a trigger, the child gets a chance to have an experience without a meltdown and one less meltdown/tantrum is worth the price of the book in my humble opinion.

Absolutely the best book written by anyone on how to cope appropriately with children's emotional/behavioral meltdowns! Dr. Baker is a highly qualified and experienced psychologist and parent whose book helps parents and teachers to distinguish between tantrums and meltdowns. He

gives simple descriptions and examples to help adults understand the situations in which a child's meltdowns occur and how they may not only handle the child's behavior but also foresee such behavior occurring in the future and plan how to prevent and/or appropriately and successfully handle these events. The author also provides forms which may be copied to guide and assist parents and teachers. As a clinical child psychologist myself I highly recommend this book for all parents and teachers and particularly for parents and teachers of vulnerable children e.g. ADHD, Asperger's, PDD NOS, and others on the autistic spectrum.

This is a quick read that gives you simple advice for raising kids. I could use most of the ideas immediately. I love that the methods respect the child's AND the adult's needs. Highly recommend!

Jed Baker presents a wonderful PRACTICAL approach to managing those "melting moments". As a professional and a parent, I have found this book, as well as his others, to be utterly indispensable. Dr. Baker presents clear ways for parents and professionals to help children in the "falling apart moment" - rather than engaging in power struggles. This one should definitely be on your shelf!
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Almost one year ago my daughter was diag. the Asperger Syndrome. After numerous books and therapies I found Jed Baker's books. A salvation for our family. First this book gave me insight into why the behaviors happened and the ability understand to adjust the behaviors. Then Jed Baker's Social Story Picture Book helped my daughter understand (non-critical) why not to act certain ways in a very fun way. THE BEST BOOK I EVER PURCHASED. THANK YOU JED BAKER!!

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