



## No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior

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By Jed Baker, Carol Kranowitz

Future Horizons Incorporated. Paperback. Book Condition: new. BRAND NEW, No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior, Jed Baker, Carol Kranowitz, 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: managing your own emotions by adjusting your expectations; learning strategies to calm a meltdown in the moment; understanding why a meltdown occurs; and, creating plans to prevent future meltdowns.



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