



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

By Jed Baker

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## No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior By Jed Baker

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

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### **Editorial Review**

#### **Review**

"Jed Baker, in this excellent book, gives us the tools to deal with and prevent out-of-control behavior. Wisely, he leads us grown-ups to understand how to change our own behavior in order to help our children change theirs." -- Carol Stock Kranowitz "Author of best-seller The Out-of-Sync Child"

#### **About the Author**

Jed Baker, Ph.D., is a clinical psychologist with over 12 years experience leading therapeutic groups with children, adults and families. He is a behavioral consultant for several New Jersey school systems, providing social skills training for students with pervasive developmental disorders and learning disabilities. In addition, he writes, lectures, and provides training throughout the Northeast on social skills training for individuals with Asperger Syndrome and related pervasive developmental disorders.

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##### **Mary Cox:**

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the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, often the book you have read is No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior.

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