

# No More Meltdowns

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Positive strategies for managing  
and preventing out-of-control behavior

## NO MORE MELTDOWNS



JED BAKER, Ph.D.

Foreword by Carol Stock Kranowitz, author of *The Out-of-Sync Child*

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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.

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标签

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评论

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