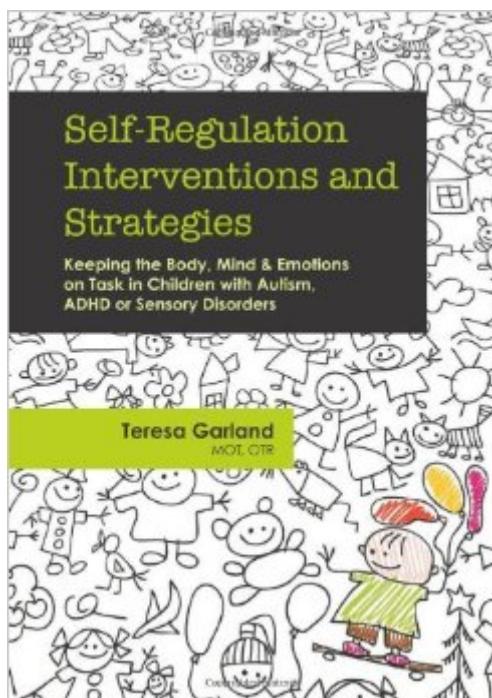


The book was found

# Self-Regulation Interventions And Strategies: Keeping The Body, Mind & Emotions On Task In Children With Autism, ADHD Or Sensory Disorders



## **Synopsis**

CONGRATULATIONS TO TERESA GARLAND AND SELF-REGULATION INTERVENTIONS AND STRATEGIES ON FINISHING AS A SILVER FINALIST IN THE PSYCHOLOGY CATEGORY AT THE 2015 IBPA BENJAMIN FRANKLIN AWARDS! Keeping children bodies, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. Featuring more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to help the reader better understand the issues our children face. Topics include:  
\*Basic and advanced methods to calm a child and to preventing outbursts and melt-downs  
\*Interventions to help with attention problems, impulse control, distractibility and the ability to sit still  
\*Stories and video-modeling for autism, along with techniques to quell repetitive behaviors  
\*Sensory strategies for sensitivity and craving  
\*Behavioral and sensory approaches to picky eating  
\*Ways to increase organization skills using technology and apps  
\*Strategies for managing strong emotions as well as techniques for releasing them

## **Book Information**

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Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (13 customer reviews)

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## **Customer Reviews**

I am an occupational therapist and I love this book! It is loaded with useful and practical ideas for kiddos/students with a variety of issues! Author is definitely knowledgeable and I totally recommend this book! Worth every cent!

As an OT that works in the schools, I thought the book was a good resource to have on hand for parents and teachers. It was well organized and easy to read.

Clear examples and definitions make this a great resource for the average parent or teacher.

Web-addresses for resources are mostly current.

Good introduction to self-regulation, wish there was more info. and more substance. I will keep up with the author's blog.

Great resource - good combination of educational material regarding sensory issues and practical solutions.

This book has a lot of good information and is well organized.

One of the most helpful books I have come across in my 27 years working in schools with challenging children.

Very helpful working with clients on the autism spectrum and struggling with ADHD symptoms. Has specific recommended interventions.

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Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders Autism: 44 Ways to Understanding- Aspergers Syndrome, ADHD, ADD, and Special Needs (Autism, Aspergers Syndrome, ADHD, ADD, Special Needs, Communication, Relationships) The Disconnected Kids Nutrition Plan: Proven Strategies to Enhance Learning and Focus for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders 101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders The Autism Discussion Page on the core challenges of autism: A toolbox for helping children with autism feel safe, accepted, and competent Your Emotions, Yourself: A Guide to Your Changing Emotions (Your Body, Your Self Book) Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy) Disconnected Kids: The Groundbreaking Brain Balance Program for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders The Autism Activities Handbook: Activities to Help Kids Communicate, Make Friends, and Learn Life Skills (Autism Spectrum Disorder, Autism Books) The

Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD The Autism Discussion Page on anxiety, behavior, school, and parenting strategies: A toolbox for helping children with autism feel safe, accepted, and competent Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders The Sensory Team Handbook: A hands-on tool to help young people make sense of their senses and take charge of their sensory processing Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues, Revised Edition Deliver Me From Negative Emotions: Controlling Negative Emotions and Finding Peace In The Midst of Storms (Negative Self Talk Book 2) National Academies Keck Futures Initiative: Smart Prosthetics: Exploring Assistive Devices for the Body and Mind: Task Group Summaries Autism: What Does It Mean to Me?: A Workbook Explaining Self Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Aspergers Career Development Interventions in the 21st Century, 4th Edition (Interventions that Work) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) Interventions for Speech Sound Disorders in Children (CLI)

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