



# Managing Meltdowns

Using the S.C.A.R.E.D. Calming Technique  
with Children and Adults with Autism

Deborah Lipsky and Will Richards

Deborah Lipsky

## Managing Meltdowns: Using the S.C.A.R.E.D. Calming Technique with Children and Adults with Autism



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In a chaotic or threatening situation, fear may be the primary emotional response of an autistic person. Often the initial physical response would be to freeze. 'Meltdowns', or human brain overloads can be scary for the average person with autism, and for the individual attempting to help if they don't know how to react in this situation. and some techniques typically recommended during times of distress or crisis, such as for example maintaining eye get in touch with or using light touch, can be counter-productive rather than providing comfort. Common coping strategies, such as hand flapping or leg shaking, could be misperceived as being wilful, non-compliant, and uncooperative;D, coined by clinical psychologist Can Richards, this guide offers strategies and practical methods that will be a very important reference tool to anyone in an initial response placement.C.A.R. The authors possess created a training programme to explain the autistic experience and mindset, and lead the interventions of initial responders to autistic individuals in crisis. Using the easy-to-remember acronym S.E.



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I bought this book because my nephew has Autism I gave it to my sister and then she passed it along to his teacher's. I really like the way the book is organized for first responders. This book is spot on and super helpful! I DEFINITELY recommend anyone working with people on the spectrum to read it and put it to use. While the majority of the Do's are true for all those on the spectrum, make sure you keep in mind that not all of these will apply to each individual. It's comforting to learn a high working autistic person will end up being okay, with the proper strategies and support. This is a book with a very specific objective and it many definately meets the goal. Helps understand what one is going through during a meltdown I purchased this publication because my son's meltdowns were escalating in strength. To be honest I am just half way through, but the book most definately helps place what goes on to autistic individuals throughout a meltdown in to perspective. To many big words and hard to comprehend. It also puts emphasis on preventive activities or plans that i liked. It also calls out the hazards throughout a meltdwon and helped me know very well what I could do and NOT do throughout a meltdown to attempt to help him get through it. But overall, a VERY well written book and this a MUCH needed book for the First Responders.. This is an incredible read if you have a child or friend on the ASD spectrum -- autism, asperger's, etc.. AMAZING browse for parents with kids with autism! Even a worthwhile read to understand normal childhood psychology if your child isn't on the spectrum. They ought to of stated that this book is for teens or more to adults. The short story is to provide a safe and calm environment by creating a plan to prevent and alleviate the stress and threat of meltdowns. I desire I had browse this years ago! A must read. A virtual manual for managing meltdowns in a quick read. I refer to this often to remind me that We am not alone. No help to me at all uncertain I should buy various other books of the type since it is a waste of time and money for me I've an Autistic grandson. It is a very helpfulbook. Excellent book I purchased it for my 23-year old child who has Aspergers Syndrome. Especially important that we understand we are coping with a non neural common person and really should respond appropriately. I refer many to the book and demand that teachers follow the suggestions. Can help some with grownups but is not for small children. It helped me become more patient with my son since it helped me recognize that there is really something physically heading on inside him of these meltdowns that he can't help. The insight from a person that provides autism delivers an unique perspective in how to manage crisis circumstances. No help to me at all uncertain I should buy various other books of the type as it is a waste of money and time for me personally. I assumed this book would help me but this publication isn't meant to help small children with Autism. We was hoping to get a knowledge of what goes on with my 3 yr old grandson but did not help at all when he has melt downs zero help at all. The writer has autism and provides a first-person perspective on the psychology, a reaction to, and avoidance of meltdowns. When you have young autistic children don't waste the money or time with this book wouldn't normally recommend this for them. Everyone should read. Superb book for First Responders This book is quite informative and a straightforward read. Good Tool for anyone working with autism. Great info, a must for all Aspies Great info for parents, personal advocates, and colleges. Great reference to determine roots of meltdowns and avoiding them. Personally i think more prepared as a parent now. Very Good Read This is a great read for anybody touched by Autism. We are having our autistic kid read it. There are several that would trigger me more than calming me down. This reserve provides GREAT Do's and Dont's when coping with someone on the spectrum. Best book by far that I've browse to actually help with my child's meltdown. I've shared this book with so many (teachers, psychologists etc), thank you, thank you! Five Stars Just love it Fantastic, highly recommended Well written, concise, crispy and excellent content. I came across myself rereading what I had read trying to grasp what was said. Many practical ideas and examples. Essential read for parents, caregivers, teachers and crisis responders! Good strategies to help a person who happens to have autism. She said it is the best reading she's done about them. Five Stars :)



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