



# Self-Regulation Interventions and Strategies

Keeping the Body, Mind & Emotions  
on Task in Children with Autism,  
ADHD or Sensory Disorders

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Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders



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Keeping kids bodies, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. CONGRATULATIONS TO TERESA GARLAND AND Self-Regulation Interventions and Strategies ON FINISHING Seeing that A SILVER FINALIST IN THE PSYCHOLOGY CATEGORY AT THE 2015 IBPA BENJAMIN FRANKLIN AWARDS! Featuring a lot more than 200 useful and proved interventions, strategies and adaptation for assisting children gain more control over their lives. Topics include: -Simple and advanced solutions to calm a kid and to preventing outbursts and melt-downs -Interventions to greatly help with attention complications, impulse control, distractibility and the ability to sit still -Stories and video-modeling for autism, alongside ways 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 Each chapter provides rich history and theoretical materials to greatly help the reader better understand the issues our children face.



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Useful book for school OT's As an OT that functions in the schools, I thought the reserve was an excellent resource to have on hand for parents and teachers. Every teacher must have a duplicate in the classroom. The book details many good interventions in case you are from the field I am an authorized Clinical Social Worker. Has particular recommended interventions. A MUST BUY! easy to understand Clear good examples and definitions get this to a great resource for the common parent or instructor. Web-addresses for assets are mostly current. This will be near the top of the list of your resource books! Essential for parents with or with out a diagnosis of any kind. This publication is filled up with resources and activities that are easily integrated into lifestyle. It was well organized and easy to read.! Whether you are an OT or a parent who researches and digs for understanding and resources for your kiddos, this should be near the top of your list! Best for teachers I felt this is written for school settings. It is for the professional who works with kids who need behavior modification. Pediatric OT This is my 3rd book, I keep lending/giving it away to parents Five Stars Great resource - good combination of educational material regarding sensory issues and practical solutions. Four Stars Students do not want to be accountable. Very helpful working with clients in the autism spectrum and struggling with ADHD symptoms. and even more substance. I will match the author's blog page. Charts that outline behavior, cause, and intervention will be game changers in any classroom or home.! Great book. Very useful strategies. Great insight. Has specific recommended interventions. It really is difficult to get across Four Stars Very interesting! Four Stars Very informative and ideal for parents and teachers! Great start Good introduction to self-regulation, want there was more information. The book information many good interventions if you are beginning in the field, but anyone who has been practicing in a while should know the interventions provided. I also discovered the book to be a little bit unorganized and choppy, making it hard to follow sometimes.



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