



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 circumstance, fear may be the primary emotional response of an autistic individual. Using the easy-to-remember acronym S.A. Common coping strategies, such as for example hands flapping or leg shaking, could be misperceived as being wilful, non-compliant, and uncooperative; and some techniques typically recommended during instances of distress or crisis, such as maintaining eye contact or using light touch, can be counter-productive rather than providing relief. Usually the initial physical response is to freeze.C. 'Meltdowns', or brain overloads could be scary for the individual with autism, and for the person attempting to help if indeed they don't learn how to react in this example.E.R.D, coined by clinical psychologist Will Richards, this guide gives strategies and practical methods that will be a valuable reference device to anyone in a first response position. The authors have produced a training programme to describe the autistic encounter and mindset, and direct the interventions of 1st responders to autistic individuals in crisis.



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Excellent book for First Responders This book is very informative and a straightforward read. Everyone should read. Five Stars :) We have been having our autistic child read it. As the majority of the Do's are accurate for those on the spectrum, please remember that not all of these will apply to each individual. I bought this publication because my nephew has Autism I gave it to my sister and then she passed it along to his teacher's. It is a publication with a very specific objective and it many definately meets the target. Very Good Read This is an excellent read for anyone touched by Autism. In all honesty I am just half way through, but the reserve most definately helps place what happens to autistic individuals during a meltdown directly into perspective. It helped me become more patient with my son because it helped me understand that there is really something physically going on inside him of these meltdowns that he can't help. Excellent book I purchased it for my 23-year old girl who has Aspergers Syndrome. Essential read for parents, caregivers, teachers and emergency responders! But overall, a VERY well written book which a MUCH needed publication for the First Responders.. This is an AMAZING read should you have a kid or friend on the ASD spectrum -- autism, asperger's, etc. AMAZING read for parents with children with autism!. A good worthwhile read to understand regular childhood psychology if your son or daughter isn't on the spectrum. I assumed this book would help me but this publication is not meant to help small kids with Autism. The brief story is to give a safe and relaxed environment by creating a plan to prevent and alleviate the stress and danger of meltdowns. I wish I had go through this years ago! A must read. A virtual manual for managing meltdowns in a quick read. I make reference to this often to remind me that I am not alone. I refer many to the publication and demand that teachers follow the suggestions. Good Tool for anyone working with autism. Good ways of help somebody who happens to have autism. Especially important that people understand we are coping with a non neural usual person and should respond properly. Many practical suggestions and examples. The writer has autism and provides a first-person perspective on the psychology, a reaction to, and prevention of meltdowns. To many big words and really difficult to understand. I found myself rereading what We had browse trying to grasp that which was said. No help to me at all uncertain I should buy various other books of the type since it is a waste of money and time for me. Can help some with grownups but is not for young kids. I 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. They should of stated that this book is for teens or more to adults. When you have young autistic kids don't waste the money or time with this book wouldn't normally recommend this for them. I like the way the book is laid out for first responders. There are some that would trigger me a lot more than calming me down. It's comforting to know a high working autistic person will become okay, with the right strategies and support. Great info, essential for all Aspies Good info for parents, self advocates, and colleges. Great reference to determine roots of meltdowns and staying away from them. Personally i think more prepared as a parent now. Helps understand what one is going through throughout a meltdown I purchased this reserve because my son's meltdowns were escalating in intensity. I DEFINITELY recommend anyone dealing with people on the spectrum to learn it and put it to use. It is a very helpfulbook. This book is spot on and super helpful! 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 crafted, concise, crispy and excellent articles. The insight from somebody who provides autism delivers an unique perspective in how exactly to manage crisis situations. No help me at all uncertain I should buy additional books of the type as it is a waste of time and money for me I've an Autistic grandson. In addition, it calls out the dangers

during a meltdown and helped me understand what I could do and NOT do during a meltdown to try to help him complete it. In addition, it puts emphasis on preventive activities or plans that I liked. She said it is the greatest reading she's done about them. This book provides GREAT Do's and Don't's when coping with somebody on the spectrum.



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