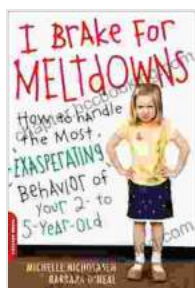


# Brake for Meltdowns: A Guide to Preventing and Responding to Tantrums in Children with Autism

Tantrums are a common problem for children with autism. They can be triggered by a variety of things, such as sensory overload, social difficulties, or changes in routine. Tantrums can be frustrating and challenging for parents and caregivers, but it is important to remember that they are not intentional. Children with autism do not have control over their emotions and behaviors, and they need help to learn how to manage them.



## I Brake for Meltdowns: How to Handle the Most Exasperating Behavior of Your 2- to 5-Year-Old

by Michelle Nicholasen

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1981 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 340 pages
Lending	: Enabled

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Brake for Meltdowns is a comprehensive guide to preventing and responding to tantrums in children with autism. Written by a team of experts, the book provides practical strategies for parents and caregivers to help their children manage their emotions and behaviors.

The book is divided into two parts. The first part provides an overview of autism and tantrums, and explains how to identify the triggers that can lead to meltdowns. The second part of the book provides specific strategies for preventing and responding to tantrums. These strategies are based on the principles of positive behavior support, which is a research-based approach to behavior management that focuses on teaching children new skills and rewarding them for positive behaviors.

Brake for Meltdowns is an essential resource for parents and caregivers of children with autism. The book provides practical, evidence-based strategies for preventing and responding to tantrums, and helps parents and caregivers to understand the challenges that children with autism face.

### **What's Inside Brake for Meltdowns**

- An overview of autism and tantrums
- How to identify the triggers that can lead to meltdowns
- Specific strategies for preventing and responding to tantrums
- Tips for creating a positive home environment
- Strategies for working with schools and other professionals

### **Who Should Read Brake for Meltdowns**

Brake for Meltdowns is an essential resource for parents and caregivers of children with autism. It is also a valuable resource for teachers, therapists, and other professionals who work with children with autism.

### **About the Authors**

Brake for Meltdowns was written by a team of experts in the field of autism. The authors have extensive experience working with children with autism and their families, and they are passionate about helping children to learn and grow.

The authors of Brake for Meltdowns are:

- Dr. Stephen Shore, an autistic author, speaker, and consultant
- Dr. Patricia Howlin, a professor of autism at the University of Manchester
- Dr. Tony Attwood, a clinical psychologist and author of several books on autism

## Free Download Your Copy of Brake for Meltdowns Today

Brake for Meltdowns is available to Free Download from Our Book Library, Barnes & Noble, and other online retailers. You can also Free Download a copy directly from the publisher, Jessica Kingsley Publishers.

Don't wait another day to get your copy of Brake for Meltdowns. Start preventing and responding to tantrums in your child today.



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