

THE ANNE FREITAG LIBRARY

Recommended Reading

MANAGING MELTDOWNS

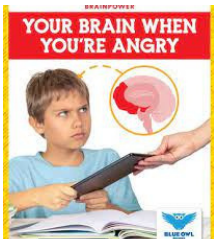
Positive strategies for managing and preventing out-of-control behavior



JED BAKER, Ph.D.

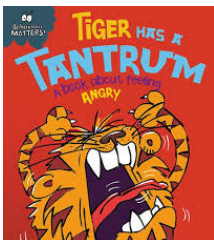
NO MORE MELTDOWNS : POSITIVE STRATEGIES FOR MANAGING AND PREVENTING OUT-OF-CONTROL BEHAVIOR BY JED BAKER

Learn how to: manage your own emotions by adjusting your expectations; strategies to calm a meltdown in a moment; understand why a meltdown occurs; create plans to prevent future meltdowns.



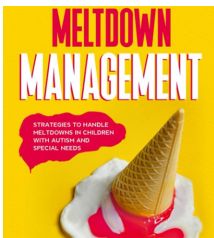
YOUR BRAIN WHEN YOU'RE ANGRY BY ABBY COLICH

This book explores what happens in your brain when you feel angry, the chemicals your brain produces, and ways to manage anger. Vibrant, full-color photos and carefully leveled text engage young readers as they learn more about the science behind anger.



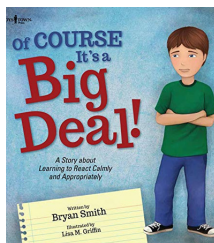
TIGER HAS A TANTRUM BY SUE GRAVES

Tiger is in a terrible mood. He has been angry with everyone all day. Then Monkey accidentally chooses the book that Tiger wanted and Tiger has a full blown tantrum in the library. How can Miss Bird help Tiger to manage his anger, and how can he make up with his friends?



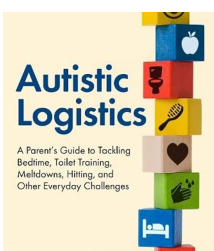
MELTDOWN MANAGEMENT: STRATEGIES TO HANDLE MELTDOWNS IN CHILDREN WITH AUTISM AND SPECIAL NEEDS BY KATHRYN PADDINGTON

The book is filled with information about meltdowns and also strategies and techniques to handle meltdowns.



OF COURSE IT'S A BIG DEAL!: A STORY ABOUT LEARNING TO REACT CALMLY AND APPROPRIATELY BY BRYAN SMITH

Braden delivers drama to every minor misunderstanding, grievance and annoyance in his life! Will he learn to keep his cool in the face of disappointment, or will every discouraging moment send him into an emotional meltdown?



AUTISTIC LOGISTICS: A PARENT'S GUIDE TO TACKLING BEDTIME, TOILET TRAINING, MELTDOWNS, HITTING, AND OTHER EVERYDAY CHALLENGES BY KATE C. WILDE

Tackling day-to-day issues and more, the book offers tried-and-tested techniques to help you transform the challenges of home life and create harmony.

2600 Denali Street, Suite 200 Anchorage, AK 99501

907-343-1301 | cagni@sesa.org | sesa.org/library