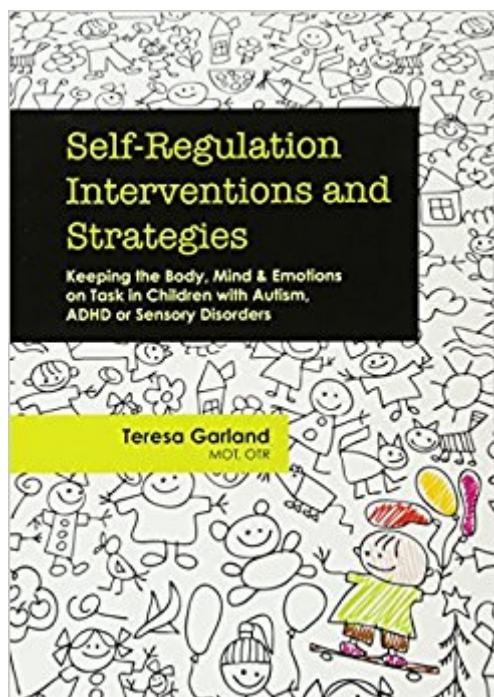


The book was found

# Self-Regulation Interventions And Strategies: Keeping The Body, Mind & Emotions On Task In Children With Autism, ADHD Or Sensory Disorders



## **Synopsis**

CONGRATULATIONS TO TERESA GARLAND AND Self-Regulation Interventions and Strategies ON FINISHING AS A SILVER FINALIST IN THE PSYCHOLOGY CATEGORY AT THE 2015 IBPA BENJAMIN FRANKLIN AWARDS! Keeping children bodies, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. Featuring more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to help the reader better understand the issues our children face. Topics include: -Basic and advanced methods to calm a child and to preventing outbursts and melt-downs -Interventions to help with attention problems, impulse control, distractibility and the ability to sit still -Stories and video-modeling for autism, along with techniques 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

## **Book Information**

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## **Customer Reviews**

Teresa Garland, MOT, OTR/L, is an occupational therapist and author specializing in sensory and modulation issues. She has worked in schools, sensory clinics and medical settings with children and adults, treating sensory disorders, ADHD and autism. Ms. Garland works closely with other health professionals, teachers and doctors to understand and treat underlying sensory, timing, and

coordination/motor planning issues as well as overlying socio/emotional behaviors in the symptoms of autism. She is trained/certified in the SIPT, Interactive Metronome®, Integrated Listening Systems (iLs), Therapeutic Listening, Wilbarger's Sensory Defensiveness, the Natural Heart Approach, Mindfulness Training, and Food Chaining.

Good introduction to self-regulation, wish there was more info. and more substance. I will keep up with the author's blog.

As an OT that works in the schools, I thought the book was a good resource to have on hand for parents and teachers. It was well organized and easy to read.

Clear examples and definitions make this a great resource for the average parent or teacher. Web-addresses for resources are mostly current.

Great resource - good combination of educational material regarding sensory issues and practical solutions.

Very helpful working with clients on the autism spectrum and struggling with ADHD symptoms. Has specific recommended interventions.

This is my 3rd book, I keep lending/giving it away to parents

One of the most helpful books I have come across in my 27 years working in schools with challenging children.

Very informative and useful for parents and teachers!

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