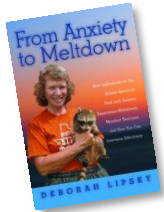


Top Books to Help Behaviour

All behaviour serves a purpose and can occur for many reasons – sensory, social, communication, anxiety, anger, tantrums, etc. You may need a range of resources to help students. I believe in 50/50 behaviour plans where 50% of the strategies used are for the adults to use to manage the child's behaviour, and 50% are strategies for the child to manage their own behaviour.

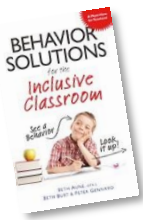
For those of you looking for support in understanding autism spectrum and the children you work with, as well as strategies for behaviour support, the top books I recommend are:



From Anxiety to Meltdown | by Deborah Lipsky

Anxiety is the root cause of many of the difficulties experienced by people on the autism spectrum, and is often caused by things such as a change in routine, or sensory overload. Deborah Lipsky takes a practical look at what happens when things spiral out of control, exploring what leads to meltdowns and tantrums, and what can be done to help.

This is the BEST book I have ever read and I rate it a MUST HAVE.



Behavior Solutions for the Inclusive Classroom | by Aune, Burt & Gennaro

This book is a must-have for every special needs and inclusive classroom. The easy to use format allows teachers to quickly look up an in-the-moment solution and learn about what the child is communicating, and why. This book illuminates possible causes of those mysterious behaviours, and more importantly, provides solutions!

I call this SEE A BEHAVIOUR, LOOK IT UP. This is a great reference book to have on hand. ALL behaviours are replaced by another and this book gives you great ideas for replacements and skills to develop.

TOP BOOKS TO HELP CHILDREN UNDERSTAND THEIR EMOTIONS AND HOW TO MANAGE THEM

Exploring Feelings: CBT to Manage Anger
By Dr Tony Attwood



Exploring Feelings: CBT to Manage Anxiety
By Dr Tony Attwood



Exploring Feelings for Young Children
By Dr Tony Attwood



TOP BOOKS FOR HELPING ALL CHILDREN UNDERSTAND AND REGULATE THEIR EMOTIONS

The Red Beast
By K I Al-Ghani



Teaches about Anger

The Panicosaurus
By K I Al-Ghani



Teaches about Anxiety

The Disappointment Dragon
By K I Al-Ghani



Teaches about Disappointment

TOP BOOKS TO UNDERSTAND BEHAVIOUR AND THE MEANING BEHIND IT

Kids in the Syndrome Mix
By Martin L Kutscher



People with Autism Behaving Badly
By John Clements



Find out more about these resources, download free tip sheets, request a catalogue, and order teaching resources – all online at www.suelarkey.com