

SECOND EDITION

WHAT TO DO WHEN YOUR TEMPER FLARES

A Kid's Guide to
Overcoming Problems
with Anger

A **WORKBOOK**
for Kids
from the
AMERICAN PSYCHOLOGICAL
ASSOCIATION

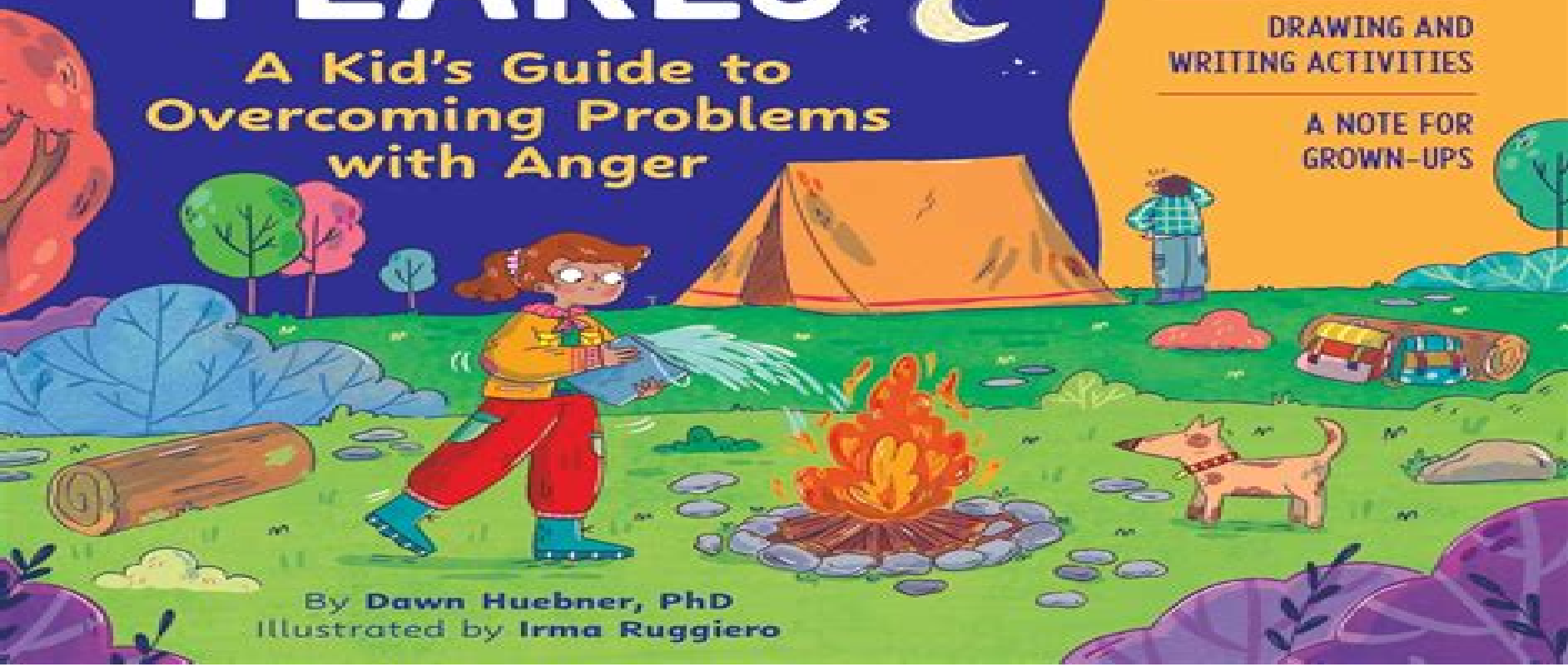
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By Dawn Huebner, PhD
Illustrated by Irma Ruggiero

What To Do When Your Temper Flares

Dawn Huebner



What To Do When Your Temper Flares:

What to Do When Your Temper Flares Dawn Huebner, 2021-07-15 What to Do When Your Temper Flares guides children and their parents through the cognitive behavioral techniques used to treat problems with anger Engaging examples lively illustrations and step by step instructions teach children a set of anger dousing methods aimed at cooling angry thoughts and controlling angry actions resulting in calmer more effective kids This interactive self help book is the complete resource for educating motivating and empowering children to work toward change **What to Do When Your Temper Flares, 2nd Edition** Dawn Huebner, PhD, 2025-01-07 An updated edition of the classic interactive self help book What to Do When Your Temper Flares pairs everything that worked so well in the original the conversational tone interactive elements clear and actionable strategies with new mindfulness tools reordered step by step instructions and updated advice for modern issues This book arms kids with a set of anger dousing methods aimed at cooling angry thoughts and controlling angry actions resulting in calmer more balanced kids Includes a note to parents and caregivers with additional information on cognitive behavioral techniques used to treat problems with anger While print versions include fill in the blank workbook pages the ebook versions have been adapted to be a non consumable format customized for library use [What to Do When Fear Interferes](#) Claire A. B. Freeland, PhD, Jacqueline B. Toner, PhD, 2021-07-15 This book is about dealing with persistent and interfering fears phobias and coaches kids to deal with a phobia gradually building confidence to face their fear and more and more challenging situations Lots of kids are a little afraid of some things like heights or spiders But some kids are so afraid that it stops them from having fun Does this sound like you If your fear is getting in the way of everyday activities this book is for you What to Do When Fear Interferes guides children and their parents through overcoming phobias using strategies and techniques based on cognitive behavioral principles This interactive self help book is the complete resource for educating motivating and empowering children to overcome their fears so they can blast off to new adventures *What to Do When You Worry Too Much, 2nd Edition* Dawn Huebner, PhD, 2025-10-01 What to Do When You Worry Too Much Second Edition guides children and parents through the cognitive behavioral techniques most often used in the treatment of anxiety Now revised and expanded this groundbreaking bestseller has helped millions of children around the world An updated edition of the world wide bestseller What to Do When You Worry Too Much the second edition combines everything that worked so well in the original the conversational tone interactive elements clear and actionable strategies with new tools new illustrations and expert advice based on current understandings of anxiety Lively metaphors and humorous illustrations make the concepts and strategies easy to understand while clear how to steps and prompts to draw and write help children learn new skills This interactive self help book remains the complete resource for educating motivating and empowering kids to overcome their overgrown worries Includes a note to parents and caregivers by psychologist author Dawn Huebner PhD This book is part of the Magination Press What to Do Guides for Kids series and includes a Note to Parents and Caregivers

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Championing Your Autistic Teen at Secondary School Debby Elley,Gareth D. Morewood,2022-05-19 The transition to secondary school can be a daunting time for parents of autistic youngsters as well as children themselves Have you selected the right place What if staff don t really understand your child s needs Will they adapt sufficiently and if not then what happens The good news is that you have the ability as a parent or carer to address these concerns rather than leaving it all to chance This book will give you the tools to do just that From choosing the right school for your child and spotting the tell tale signs of the wrong one to preparing both your child and the new school for the transition to overcoming barriers and building a positive collaborative and effective relationship between home and school Tackling key topics from the point of view of both parent and teacher and using examples of great practice this contains everything you need to know in order to build a more positive secondary school experience for your child *The Survival Guide for Kids with Behavior Challenges* Thomas

McIntyre,2013-08-08 Many kids and teens have challenges when it comes to behavior In this revised edition of his time tested book Thomas McIntyre provides up to date information practical strategies and sound advice to help kids learn to make smarter choices make and keep friends get along with teachers take responsibility for their actions work toward positive change and enjoy the results of their better behavior New to this edition are an Are you ready to change quiz updated glossary and resources and a fresh organization and design This is a book for any young person who needs help with behavior A special section at the back addresses diagnosed behavior disorders **Parenting without Panic** Brenda Dater,2014-05-21 Extending the lifeline of a peer support group to parents of children and teens on the autism spectrum everywhere this reassuring and supportive guide is filled with many real examples and offers trusted advice and tried and tested solutions to parents top concerns and in a down to earth and engaging format **Smart but Scattered** Peg Dawson,Richard Guare,2011-11-30 This book has been replaced by Smart but Scattered Second Edition ISBN 978 1 4625 5459 1

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