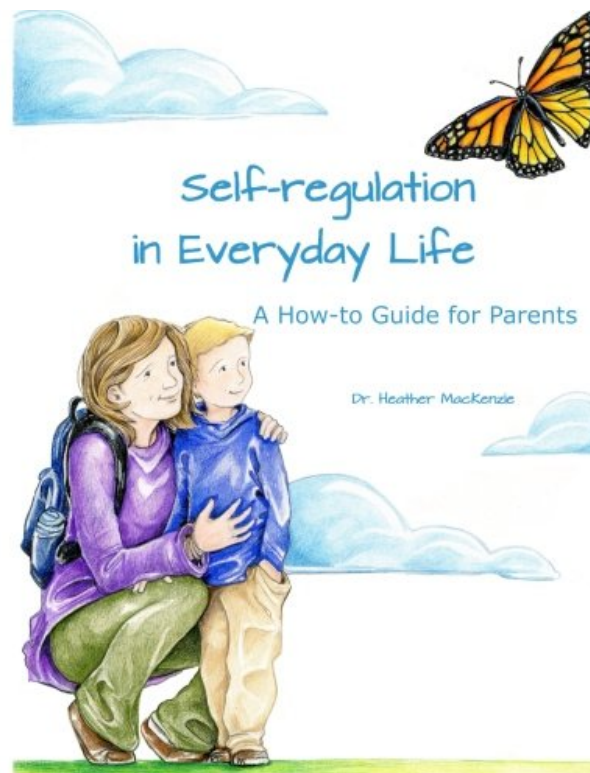


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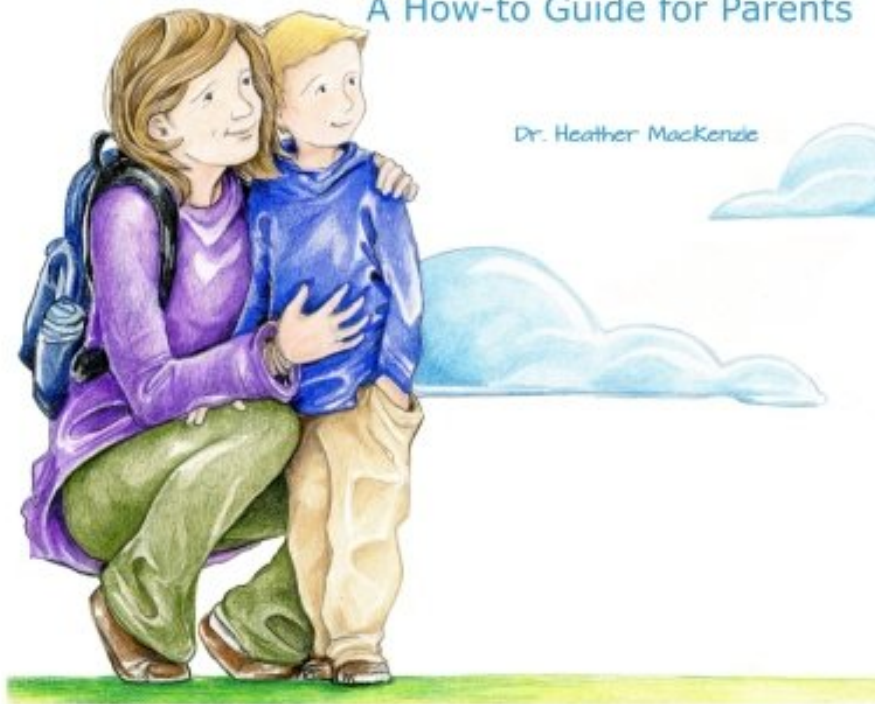
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A How-to Guide for Parents

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About the Author

Heather MacKenzie, Ph.D., is a speech-language therapist and educator who has spent a large part of her career developing and implementing approaches for enhancing learning in children. Her focus is on translating current research into sound clinical practice. Her Learning Preferences and Strengths model is designed to determine each child's learning preferences and strengths and then 'harness' them to improve the child's learning and development. That model was introduced in Heather's first book, *Reaching and Teaching the Child with Autism Spectrum Disorder* (2008). Her second book, *One Story at a Time* (2009), focuses on how to plan, implement and evaluate shared storybook-based intervention with children. Heather has written two other books, *The Autistic Child's Guide* presenting spark* and *The Autistic Child's Guide Elementary version* (spark*EL). The spark* model has been received very positively by teachers, clinicians and parents and is being used internationally. Heather was prompted to write a book on self-regulation for parents of young children – this is the newest book – *Self-regulation in Everyday Life*.

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Self-regulation in Everyday Life is a step-by-step guide for every parent who wants to help their child be better prepared for school and for life. It helps parents shift from teaching specific behaviors to working on foundation skills in body, cognitive and emotional self-regulation. In everyday situations, parents can help their child become more confident, strategic and resourceful. Self-regulation in Everyday Life includes checklists to identify self-regulation needs and progress and helpful guidelines for determining expectations at each age level. After purchasing the book, you'll have access to a rich resource of materials, illustrations and internet and other sources coordinated with target areas.

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