



# Managing Emotional Mayhem The Five Steps for Self-Regulation

*By Becky Bailey*

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**Managing Emotional Mayhem The Five Steps for Self-Regulation** By Becky Bailey

The way adults handle emotional upset when children are throwing fits, backtalking, name-calling, being defiant and withdrawing will either foster or inhibit their ability to develop self-regulation. Managing Emotional Mayhem lays a conceptual foundation, explores limiting beliefs, presents new adult skills and teaches us how to coach children in this transformative self-regulation process. 168 pages.

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