

## Social Stories thoughts and ideas

Created by Carol Grey social stories are a short description or story about a situation, event or activity that your child might need help with understanding.

Topics might include going somewhere new, self-care, big changes and explaining social skills.

They should be specific to the child and situation and provide increased predictability so that your child is better able to understand the specific situation and learn what will happen.

Social stories can help anyone create a prior model of something they are uncertain of, increasing predictability and reducing potential anxiety.

### Tips and ideas – before writing the story

What is the goal? What does your child need to do? Having these clearly in mind is key to the success of the story.

Create a plan - where is it? When is it? Who is there? What happens? How does it happen? Why?

Gather information – think through all the steps in the routine.

Think about the visuals you might need – images from the internet, signs and symbols, photographs.

### Writing the story

Make the title specific for example 'brushing my teeth after breakfast'

Write the story in the first person

Use short simple sentences

Use gentle and supportive language

Use do rather than don't

Let your child know that feelings and reactions to the event are normal in the story. For example, 'it's ok for me to use my outdoor voice at the stadium'

'I might feel worried going through the stadium gate. I know I use my square breathing....'



Haircut



bus



sit



in

the



chair



wash hair



cut hair



bus




home







## Using the story






Read with your child before the event and maybe during. This will help understand what is going to happen.






Keep story close by to refer to.




Consider using technology such as photographing your social stories on a phone or iPad so they are easily accessible and discreet.







  
Getting a haircut








 First  I  will  get on the bus  with  dad.








 Next  we  will  go into the  hairdressers.

 Next  I  will  sit in the  chair.

 The hairdresser  will  wash my hair.

 Then the hairdresser  will  cut my hair. The  clippers  might  make

 me  feel worried.  I can  use my  squeeze ball  and  breathing.

 After  my  haircut  I can  choose a  toy up to  £5.