

Social Stories™

Background information

For some children, changes to their routine can make them anxious and unsettled. This might be changes of their daily routine or special events such as birthdays, holidays and religious festivals such as Christmas or Eid. Social Stories™ are a way of helping children to prepare for these changes in a simple and effective way.

What are Social Stories™?

Social Stories™ were created by Carol Gray in 1991. They are short descriptions of a particular situation, event or activity which include specific information about what to expect in that situation and why.

Social Stories™ can be personalised for an individual child to help them understand things that are happening/going to happen, self-care routines such as toileting and getting dressed or social situations that they are struggling with such as sharing.

Creating your own Social Stories™

- You can purchase ready-made Social Stories™ but they are easy to make at home or in a setting.
- When creating a Social Story™, you should break down the process of getting dressed for example into small chunks, thinking about each step that the child needs to do.
- You should put one or two simple sentences and a simple visual (photograph or picture) on each page and make sure the design is simple, clear and uncluttered.
- When using a story to prepare the child for an event, you should explain what will happen and that it will be ok/fun etc.
- Use the child's name and photograph wherever possible so that they know the story is about them. Try to write the sentences using 'I will...' rather than 'Tom will...'

The adult can go through the story with the child as much as needed and the child can revisit the story on their own for reassurance if they want to. Good example topics include Christmas, My

Birthday, Getting a Haircut, Going on Holiday, Using the toilet etc. An example story about going on holiday is attached, using Peppa Pig as the child in the example.

Please note: The terms 'social story' and 'social stories' are trademarks originated and owned by Carol Gray.



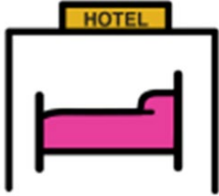




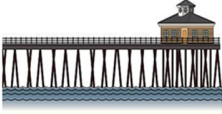



Useful websites & further reading

[Social stories and comic strip conversations \(autism.org.uk\)](http://autism.org.uk)

[What Is A Social Story? - Carol Gray - Social Stories \(carolgraysocialstories.com\)](http://carolgraysocialstories.com)

[Social Stories for Kids With Autism - The Ultimate Guide - Autism Parenting Magazine](#)

[Social Stories - Sheffield Children's NHS Foundation Trust \(sheffieldchildrens.nhs.uk\)](http://sheffieldchildrens.nhs.uk)

 <p>I am going on holiday to Poole.</p>  <p>It will be fun.</p>	 <p>I will travel to Poole in the car.</p>
 <p>I will stay in a hotel.</p>	 <p>There will be a bed for me to sleep in in the hotel.</p>
 <p>I will stay in the hotel for 2 nights</p> <p>2</p>	 <p>I will go for a walk on the beach.</p>
 <p>I will visit a castle.</p>	 <p>I will go for a walk on the pier.</p>
 <p>I will go out for a meal in a pub.</p>  <p>Mummy will take my milk and food to the pub.</p>	 <p>After the 2 nights I will come back home with Mummy and Daddy and George.</p>