



Social Stories

What Are They?

Social stories are unique stories created for children to prepare them for new or difficult situations or events. These stories may be in the form of picture books or in text only and are useful in helping children better understand events and expectations, which may lead to more success. This approach has been successful with children, adolescents, and adults with social and communications challenges. (Gray, 2010)

When Should You Use Social Stories?

- For new situations
- For transitions and changes in daily routines
- For any situation that may cause anxiety (fears, etc)
- For social interactions that need to be processed in a concrete way.

Why Use Them?

These stories address social difficulties by giving children a perspective on the thoughts, emotions, and behaviours of others. They also help children to better predict the actions and beliefs of others. Social stories give children direct contact with social information through text and pictures rather than through speech and observation. These stories provide some separation between teaching and experiencing the social situation, which gives children chances to practice the skills on their own terms.

TIPS FOR USE

- Social stories can be used daily with your child. Practicing the social story before the actual event occurs will help to better prepare your child.
- Pairing play activities along with social stories will help with real-life situations. For example, if your child is going to the movie theatre, create a "theatre-like" scenario at home by putting on a DVD and making them popcorn and snacks.
- If the story is not working, it may have to be changed. It is better to consult an occupational therapist or speech-language pathologist for help to develop social stories to suit your child.

For more information about social stories, visit The Gray Center website at: <http://www.thegraycenter.org/social-stories>



Here's a Brief Example of a Social Story about Sharing

My name is Jeremy.

I like to play video games.

Thomas likes to play video games too.

If Thomas asks to play video games with me, I can say, "Yes, you can play with me".

Thomas will be happy if I share with him. We can play more often.

Sharing my video games with Thomas makes me happy.

I can share my video games with Thomas again when I see him next time.

Sharing makes me happy.

**For More Questions,
Ask Your Occupational
Therapist or Speech
Language Pathologist!**



FOR MORE INFORMATION:
1155 Notre Dame Ave.
Winnipeg, MB R3E 3G1
PHONE: (204) 258-6600

