Tips for Using a Social Story

We use social stories to help children know expected behaviors and routines. They are a great tool for any young child; however, they are especially helpful for children who struggle with anxiety and behaviors during transitions and social situations.

How families can use at home:

1. Personalize the words on each page.
2. Use and print the pages that are in a regular routine.
3. Make the book with the child.
4. For the first week, read the book every evening and read the book when the child gets up. Use the pages as a reminder for each step.
5. Reread the book as often as you can.
6. Within a week or two, continue to read the book in the afternoon and only refer to book in the morning.

It takes time for a child to develop a new routine, and it will not always go smoothly. With practice, they will find a rhythm in a routine.

Personalize the words

Advice to give to families: social stories work best when they reflect your family's routine. Personalize the pages before printing.

Make a book

First, personalize and print pages then reorder the pages to match the daily routine. Use the blank page to add any missing steps. Lastly, bind book with staples or place pages in page protectors and bind with string.

Add pictures

Use the space provided to add pictures that support the words. You can have the child draw the pictures or you can take pictures of the child doing each skill, print the pictures, and add them to the pages.

CHILD CARE ANSWERS

SOCIAL STORY

I Can Get Ready for the Day!

(Draw a picture of you getting ready for the day.)

GET MORE RESOURCES!

Our website includes dozens of resources to help you in your journey as a child care professional.

When I open my eyes, I say good morning.

(e.g. I say, "Good morning, Dad!")

(Draw a picture of you saying good morning.)

Sometimes, I feel tired in the morning. When I am tired, I can:

(e.g. say "I need a hug." / say "I am feeling tired." / stretch my body.)

(Draw a picture of you tired.)

I get dressed for the day. If I need help, I say, "Can you help me?"

(e.g. Sometimes mom will choose an outfit for me, and I say, "Thank you!" or "Can I choose tomorrow?")

(Draw a picture of you getting dressed.)

I have breakfast. Yum!

(e.g. My choices are...)

(Draw a picture of you eating breakfast.)

I brush my teeth.

(Draw a picture of you brushing your teeth.)

I do my hair.

(Draw a picture of you doing your hair.)

I use the potty and wash my hands.

(Draw a picture of you using the potty.)

I put on my shoes. Sometimes, it is cold outside, and I need to wear a coat.

(e.g. I ask my mom, "Do I need a coat today?")

(Draw a picture of you putting on your shoes.)

CHILD CARE ANSWERS

It is time to go!

(e.g. I put on my backpack. I grab my lunch box, too!)

(Draw a picture of you with all you need to leave.)

We get in the car!

(e.g. We drive to school.)

(Draw a picture of you in the car.)

I did it! I can get ready for the day.

(Draw a happy picture of you.)

CHILD CARE ANSWERS

(Draw a picture.)