How to Use Social Stories to Teach Your Child New Skills and Expectations

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Children love to listen to stories. Not only are stories used to entertain children, they can also be used as tools to teach new skills and expectations. Many parents read books to teach their children the alphabet or numbers, but stories can also be used to:

- Teach social skills, such as how to take turns.
- Teach clear behavior expectations for a time of day (e.g., quiet time) or event (e.g., road trip).
- Reinforce routines, such as getting ready for bed.
- Prepare for new experiences, such as the first day of school.
- Address a challenging behavior, such as hitting.

**Social stories**, developed by Carol Gray of the Gray Center for Social Learning and Understanding, can be used to help children and adolescents understand social situations and expectations. Social stories are brief, simple stories that are created to show your child what to expect, and what is expected of him, during a specific activity. Social stories can include pictures of your child and are written in a way that he can understand. They also use positive language to show your child what he can do and provide healthy ways to deal with strong emotions. For example, a social story that teaches a new skill to replace hitting might say, “If my friend tries to take my toy, I can say ‘Stop. This toy is busy.’” Social stories validate how your child feels, but also show him how others feel. For example, “My friend feels sad when I hit him.” When used for specific situations, social stories help children to make wise choices and give them the confidence to try new experiences.

**Try This at Home**

- Choose a situation that has been challenging for your child. For example, if your child and her friend Ben have been having problems with sharing when they play, you can write a simple social story to teach her how to share with him.
  - **Page 1**: I feel excited when I go to Ben’s house!
  - **Page 2**: We play with trains, do puzzles and build towers.
  - **Page 3**: Sometimes, we both want to play with the same train.
  - **Page 4**: If we both want the same toy, I have choices!
  - **Page 5**: I can find another train and ask Ben to trade.
  - **Page 6**: I can get a timer and we can take turns.
  - **Page 7**: I can ask my mommy for help.
  - **Page 8**: I can choose to play with something else.
  - **Page 9**: I feel proud when I make wise choices!

**Practice at School**

Teachers create social stories to help children:

- Adjust to new experiences, such as saying goodbye to a parent at drop-off.
- Understand expectations, such as what we can do on our new playground.
- Learn social skills, such as how to share.

Teachers work together with families, and often read the same book at home and at school, to reinforce the skill or expectation.

**The Bottom Line**

Reading stories to your child provides a time for everyone to relax. These moments are a perfect time to teach your child or talk to her about feelings. Social stories are a great tool you can use to teach your child expectations or new skills before she is expected to use them. When you read a book with your child again and again, she feels confident about making choices that help her to have a positive experience.