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## Sample Stories

### You can write a short, simple story to help your child

- These stories can be help a lot for children who do not have a lot of words or signs yet.
- The stories can help your child think about how she could act in hard situations.

### Make the story personal to your child's needs, reading, and language

- You can add pictures from a magazine or photos of your child that match the story.
- If your child uses sign language, add a few signs to help your child understand.
- Many parents buy a plastic covering such as contact or laminating paper to cover the pages and make them strong. This helps save the story, especially with very young children.

### Read the story with your child for the first time when she's in a good mood

Keep the story book around so she can look at it herself, or read it again later. For example, if you have a story about tantrums:

- when she starts to lose control, you can remind her of what she can do to calm down, and show her the pages in the story.
- If she can't calm down right then, wait and read the story again later. You may want to leave a few stories in the car, if going places is sometimes hard.



**Here are two examples of these stories:**

**1. If your child has tantrums when she has to share a toy, you could write a story like this, filling in the blanks to make the story personal for your child:**

My name is \_\_\_\_\_. I like playing with a lot of different toys.

Some of my favorite toys are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Other children also like to play with toys.

When other kids are around, at school or at home, we can take turns and share toys.

I can have one toy and they can have one. Later, we can trade toys.

Sometimes, I will have to wait for my turn to play with the toy I really want.

It is hard to be patient!

I have to give everyone a chance to play with that toy, too.

This way we can all get along and have fun playing together.

Mommy says she is proud of me for sharing and playing nicely.

I am happy when I can play with friends and my family- it's FUN!

## 2. You could write a story to help your child learn how to control her angry feelings:

My name is \_\_\_\_\_.

Sometimes, my teacher/mom tells me I have to wait to use the computer/ go to bed.

That makes me feel very upset, frustrated, and angry.

Mom says that everybody feels that way some of the time. All kids and grown-ups sometimes get angry.

It's important to keep thinking, even when I'm upset. Here are some good things to think about the next time I'm upset:

- I won't be upset forever. Soon, I will calm down and feel good again.
- There is a way to solve this problem. I can ask an adult to help me think of a good solution.

Here are some good things to do the next time I'm upset:

- I can take 10 deep breaths and count to 10 slowly (practice with your child).
- I can use words and signs to tell people how upset I feel.
- I can draw a picture that shows what I feel.
- I can go to my room or a quiet place and play with my favorite toys to calm down.

I feel better when I am calm, and proud of myself, too!

I can practice and be calm at home and at school now!

### Learn more

- You can find more examples of stories like these at [www.thegraycenter.org](http://www.thegraycenter.org) ([http://www.thegraycenter.org/sample\\_social\\_stories.htm](http://www.thegraycenter.org/sample_social_stories.htm)).
- More social story examples can also be found [here](http://ourworld.compuserve.com/homepages/mdenoncourt/Examples.htm) (<http://ourworld.compuserve.com/homepages/mdenoncourt/Examples.htm>).

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*You can find this page online at:*

<http://www.raisingdeafkids.org/growingup/toddler/tantrums/story.jsp>