

## **Social Story™ prompts - going to the doctor/hospital**

### About Social Stories™

Social Stories™ can be a really useful way of explaining and reinforcing concepts to children with limited understanding. They were ‘invented’ in 1991 by Carol Gray as a social learning tool and they describe a particular activity, event or situation and what is expected.

Social Stories™ can be used for a wide range of purposes including preparing a child for an upcoming activity, supporting changes to the normal routine and teaching self-help, social skills and emotional and behaviour management skills.

They are presented in a factual, literal way and can be adapted to suit different levels of need, including using pictures or symbols.

Social Stories™ can help reduce anxiety and provide a sense of control. They should use calm, gentle and precise language and can include descriptive sentences (I am going on a trip to the zoo with Pine Class next week) and coaching sentences (I can ask a grown up to help if I don't like it there). They can be in the first person (I) or third person (using child's name).

The story should be introduced when the child is calm and happy and read through with them. It should then be shared regularly.

### Prompt questions for a ‘going to the doctor/hospital’ story

What date/day/time is your appointment?

Why do we need to go to the doctor/hospital?

Who will be going with your child?

How will you travel there?

What will happen when you arrive (e.g. check in at reception)?

Where will you wait and what is there to do there?

How is your child expected to behave whilst waiting?



How will you know when it's your turn?

What will happen in the appointment room?

What will the doctor/professional ask them to do?

What can your child do if they don't like something?

What will happen at the end of the appointment?

What will happen after the appointment?

Why do we need to visit the doctor/hospital (repeat)?