

## **Social Story™ prompts - having a haircut**

### 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 ‘having a haircut’ story

What date/day/time is the haircut?

Why do we need to have a haircut?

Are you going out to a hairdresser or barber or is someone coming to the house?

Who will be with your child?

How will you travel there (if applicable)?

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

Where will you wait and what is there to do there (if applicable)?

How is your child expected to behave whilst waiting?

What sort of chair will your child sit on?

Will they have a cover over their shoulders?

Will your child's hair be washed or sprayed down?

Will scissors, clippers or both be used?

Will there be a brush to sweep the hairs off from the neck?

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

What will happen at the end of the haircut?

What will happen after the haircut?

Why do we need to have a haircut (repeat)?