

Tips for Sharing a 'Starting School' Social Story



'Social Stories' can help children to understand what to expect when they start school using photographs and pictures. 'Social Stories' can help children prepare for big changes and transitions.



- **Talk about the pictures.**
- **Keep language simple**, try not to use too many words
- **Let your child take the lead:** Allow your child to look through the social story whenever they want to and turn to different pages that interest them.
- **Provide opportunities for your child to ask questions.**
- **Here are some questions you could ask:**

- What different toys or activities can you see?
- What do you think you would like to play with?
- Can you remember what you are going to wear to school?
- What do you think will be fun at school?
- Is there anything you are worried about?

- **Talk about before and after school:**

How will you get to school? Going on the journey to school before your child starts is a great idea so your child can see how they will get there.

Who will pick me up? Make sure you talk about who will collect your child from school each day, this is often very important for helping children feel secure settling in.

- **Take the social story on any school visits** – you can match the pictures to the 'real' school visit. You can add drawings or photos to your social story too.

Most importantly: Remember to be positive and enthusiastic when talking to your child about starting school. It's normal for parents and caregivers to feel anxious about their child starting school too, but your child is often looking to see how you feel about things - showing your worries and fears in front of them may make them feel anxious too.