



# Social Story Service

A social story is a learning tool to help an individual understand a situation better

Autism Bedfordshire's Children's Services team are providing a service where they can make a social story to support your child and personalise it to suit their needs and interests.

Examples of social story topics include:

- Understanding social situations (e.g. taking turns)
- Processing their emotions and behaviours
- Reassurance on something worrying them
- How to cope with change
- Learning breathing techniques to cope with emotions

If you would like a social story to support your child, email Amy from the Children's Services Team: [amy.gavin-birch@autismbeds.org](mailto:amy.gavin-birch@autismbeds.org)

## CASE STUDY



"My child is full of energy and likes to climb anything and everything he can and then jump off of. The other week he jumped from the dining room table and bumped his head as he landed, so I was worried about his safety. I contacted Autism Bedfordshire and they wrote a social story for me. His favourite interest at the moment is Toy Story and Autism Beds made a social story this theme so it interested my son. They also had sent me a visual timetable so he could schedule in 'park time', where he could climb and jump safely. My child really likes his Toy Story themed timetable and social story, and I am hoping this will help overtime!"

