

Sample social story: Take the following script and either make a power point or make a simple booklet the old fashioned way with paper and pencil. You may use line drawings, pictures obtained from other media, or actual photographs. Your child may need more or less detail, and the story will have to be edited depending on the reason for the office visit. For children who have difficulty processing information, laying out what will occur during a visit helps to relieve anxiety. Knowing what the end result will be (snack, being done, going home, etc) can make a difficult visit tolerable.

*****Goes to the Doctor (Sample outline of well visit)**

- 1: ***and Mommy say hi to the ladies at the desk.
 - 2: We sit on the chairs and wait for the nurse. I can look at books. I can listen to music. I can do my sticker book. I can do word searches. I will sit quietly.
 3. The nurse takes us down the hall.
 4. I take my shoes off. I stand on the scale. I stand by the wall to see how tall I am.
 5. The nurse checks my arm. The machine hugs my arm.
 6. I take my shirt and pants and bra off.
 7. I put on the paper dress. I sit on the table.
 8. Dr. *** looks at my eyes and ears. She looks at my mouth. She listens to my heart.
 9. I lay on the table. She looks at my belly.
 10. I stand up. She looks at my back.
 11. When we are all done I put my clothes on.
 12. The nurse sprays the mist in my nose.
 13. The nurse gives me two shots. I sit still and say OK.
 14. I get a lollipop and go home with mom.
- THE END

*****Gets a picture of her belly (sample outline for going for an ultrasound)**

1. Mommy and ***drive in the minivan to the picture taking office.
2. Mommy talks to the lady. We sit in the chair and read books. We wait.
3. I put on a special dress.
4. I lay on the special table in the dark room.
5. The lady puts cream on my belly and takes pictures.
6. I go to the bathroom.
7. I lay on the table again. The lady takes more pictures of my belly.
8. When I am all done I put my clothes on. I get a lollipop.
9. I go home with mom in the minivan.