

# Parent Tip #12

Using visuals and stories to help our kids understand what is happening.

- Use a social narrative, otherwise known as a “social story” which is an individualized story that clarifies a situation and possible responses through modified text, photos, or the use of technology (Wong et al., 2014).
  - Individuals on the autism spectrum and often those with ADHD and communication disorders may benefit from receiving information in multiple formats, as they often have receptive language deficits (Mody et al., 2013).
- To create a social story or social narratives, parents can look at examples created by individuals about COVID-19, help our kids understand how to reduce risk, provide insight into how they may be feeling, and offer assurance that those feelings are normal. Reading the narratives to/with the child regularly across several days is helpful. Revisit and adjust as needed and circumstances shift.

Adapted from (AFIRM) is an extension of the National Professional Development Center (NPDC) on ASD

