



NEWSLETTER NEWSLETTER NEWSLETTER

PG 02

Social Stories: Helping Children Understand the World Around Them

Tips for Parents:
Using Social Stories
Effectively

PG 03

Books to
Check Out

PG 04

PG 05

Triumph's Triumphs

NEW

JANUARY 2026

NO. 21



triumph
Behavior Support

Social Stories: Helping Children Understand the World Around Them



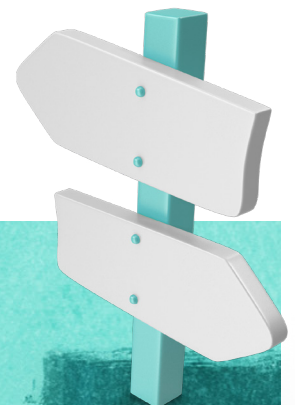
Dear Triumph ABA Parents,

Everyday situations that seem simple to adults—waiting in line, taking turns, joining a group activity, or asking for help—can feel confusing or overwhelming for children with autism. Social expectations are often unwritten and unspoken, which makes it hard for our children to understand what is expected of them and how to respond in different situations.

Social Stories are one of the most effective tools for bridging this gap. Originally developed by Carol Gray, Social Stories use short, personalized narratives to visually and verbally walk children through social situations in a clear, supportive way. Rather than telling a child what not to do, these stories

focus on showing what to expect, what choices they have, and how others may feel in the same situation.

When used consistently, Social Stories can help reduce anxiety, improve understanding of routines and social rules, and increase confidence across many everyday experiences—from school transitions to visiting family to participating in group play. This month, we're sharing ways you can easily use Social Stories at home to support your child's learning and sense of emotional safety.



NEWSLETTER





Tips for Parents: Using Social Stories Effectively



Keep Stories Simple and Positive

Use short sentences written in first person (“I will try to wait my turn”). Focus on what your child can do rather than what to avoid.



Match the Story to Your Child’s Real Life

Create stories about situations your child experiences regularly—school drop-off, lining up, joining a game, using the bathroom, or going to the doctor.



Use Visuals

Include pictures, symbols, or photos of your child or familiar locations to make the story more personal and relatable.



Read Stories Before the Situation Happens

Social Stories are most effective when reviewed ahead of time, not just during difficult moments. Reading them before school or outings helps prepare your child emotionally.



Revisit and Practice

Repetition builds understanding. Review the same story multiple times and act it out through role-play so the lessons become automatic.



Reinforce Success

When your child uses the skills from their Social Story, acknowledge it:

“I noticed you waited just like your story showed!”

Specific praise encourages generalization.

NEWSLETTER



TO
CHECK
OUT

The New Social
Story Book by
Carol Gray

Social
Stories™ for
Kids in the
School by
Carol Gray

No More
Meltdowns
with Social
Stories by Jed
Baker

Social Stories for
Kids with Autism
by Frazier &
DeWalt

My Social
Stories Book
by Carrie
Lund





REAL SUCCESS
STORIES FROM
OUR BCBAS

Triumph's Triumphs:

Expanding Food & Building Focus

"We introduced grapes and oranges to a client who previously avoided fruit — and both became new accepted foods! We also started working on increasing his ability to remain focused during meals. Previously, meals were taking over an hour due to distraction. Using a simple 30-minute timer and reinforcement system, we began shaping this skill. Just two weeks later, he completed breakfast (cereal) in 20 minutes before the timer ended, and later finished lunch — a sandwich and grapes — within the full 30 minutes. This was a huge milestone for both food expansion and improved attention during meals."

Finding a Voice Through Music

"Maya didn't use words, but she consistently hummed during sessions. I noticed her humming became louder whenever she wanted something, so we incorporated music as a functional communication tool. Over time, she began pairing sounds with purposeful actions. Then one day, she tapped the speaker, looked up, and whispered her first clear word — 'Play.' After that breakthrough, her verbal attempts continued to grow, often emerging during music-based activities."

Language Through Routine

"Leo relied heavily on predictable routines to feel comfortable, so we used those routines to teach simple functional words like 'up,' 'shoes,' and 'go.' One morning, as he independently ran to the door, he clearly said, 'Go!' with true communicative intent. This spontaneous language was an exciting sign that his routine-based language practice was beginning to generalize into everyday life."

Why We Share These Stories

Each triumph may look small on paper — a word spoken, a meal completed, a sign used — but for families, these moments represent real breakthroughs toward communication, confidence, and independence.



IN MEMORIAM

Elizabeth 'Liz'
Stankevicius, BCBA,

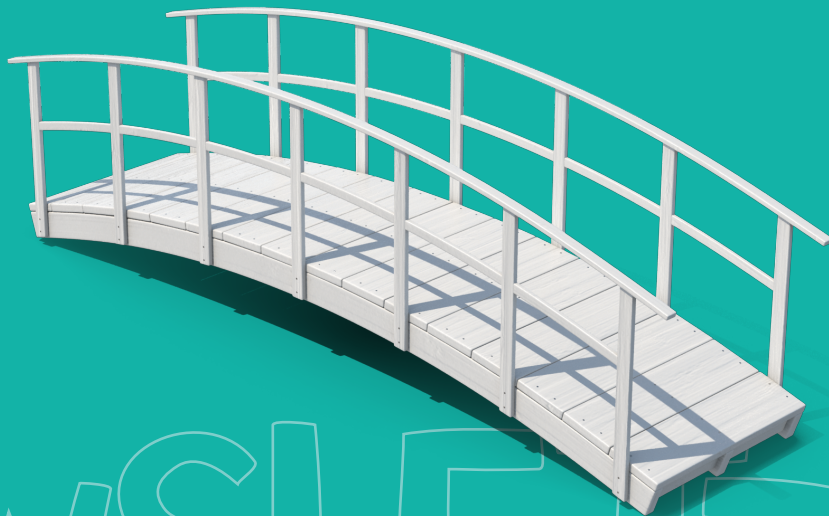
whose legacy of kindness,
dedication, and belief in others
lives on in all who knew her.



Quote of the month:

**Social Stories create a bridge
between understanding and
action.**

— Carol Gray, creator of Social Stories™



NEWSLETTER