

# J's Social Story

## About Staying

### Healthy

4/27/16

My name is J. I know it is good for me to stay healthy. So I keep my body healthy by exercising, playing basketball, walking, and doing other sports.

I also stay healthy by eating healthy foods. I know I need to eat fruits and vegetables and get enough protein and dairy, and I also need to stay away from junk food and fast food (except on my fast food day). Sometimes it is hard to remember to eat healthy, but I am working on it.

Another way I keep my body healthy is by keeping my teeth healthy. I brush my teeth with toothpaste every day after I eat. Once a day I also use Prevident and MI paste.

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My dental hygienist helps me keep my teeth clean by giving me a check-up every few months. She is a good friend, and she is always very careful when she cleans my teeth.

I work hard to keep my teeth healthy, and Jennifer helps me keep my teeth clean, but sometimes I need to see a dentist for a different kind of check-up. Dentists are doctors that can take x-rays and look at every tooth to make sure that I don't have any cavities. I get nervous when dentists have to look in my mouth and take x-rays and check on all my teeth.

Soon I will need to see a new dentist in Portland for a special check-up. The dentist will take mouth x-rays, so he can check on my teeth to make sure they are all healthy.

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So, on Monday night, April 25<sup>th</sup>, I will spend the night at my old house with Mom and David. The next morning, April 26<sup>th</sup>, I will wake up early at my old house to get ready to go see the new Dentist.

I will put on clean clothes, and brush my teeth. I will not be able to eat, or drink or take my pills until after I see the new Dentist. We will leave my old house at 8:30 in the morning.

We will arrive at the new Dentist in South Portland, Maine at 9:30 in the morning. When we get there, we will wait for a few minutes. Then a nurse will give me a shot of medicine so I can relax. This will make it easy for the dentist to look in my mouth.

Mom and David will be with me at the new dentist's office. This will be a daytime appointment, not an

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overnight sleeping appointment. My parents will stay in the waiting room the whole time I am with the Dentist.

When the Dentist is all done, and I am ready, I can have something to eat and drink. The nurse will tell me when I can take my morning pills. When I am all set, we will all drive back to my new house. But on the way we can do something special after my appointment to celebrate that I am healthy.

I will feel better when my dentist appointment is all over. I will know that all my teeth are healthy, and I don't have to worry about cavities. I'm glad Mom and David will be going with me, and that we can do something special after my appointment. What would be a special thing we could do together after my appointment?

Mom and David really love me, and want to take care of me and keep me healthy. And I want to stay healthy, too. When my muscles are healthy and my bones are healthy and my teeth are healthy, I feel good.

The dentist's nurse called Mom and David on Tuesday, April 19. She told Mom and David 2 new things about my appointment on April 26.

**1)** I need to stop taking my vitamins on Friday, Saturday, Sunday, Monday and Tuesday before my appointment.

**2)** I can have one cup of tea, if I want, on the morning of my appointment, if I drink it at 6 a.m. in the morning. It will be my choice to have a cup of tea, or just skip it.

The nurse said that when we get to my appointment, we will wait in the waiting room for a few minutes.

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Then we will meet the nurse together and all go to another room where I can tell her if I feel nervous. She will give me some relaxing medicine to help me feel better. Pretty soon it will all be over!

J's Red Claws

Games

Social Story

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My name is J and I like sports. I like to watch football, baseball, basketball, and hockey. So I get really excited when I have a chance to go to a game.

Right now it is basketball season. Friday I can go see the Red Claws basketball team play in Portland Maine with my friends.

Basketball games can be very exciting. I like to go to the games, but they also can be very loud and crowded. So I have a plan, because I want to be a gentleman when I go to the game. Being a gentleman means: **1)** I will follow directions that my staff give to me; **2)** I will be kind and gentle toward children; **3)** I will help other people by holding the door and being polite; **4)** I will help my staff when getting my tickets by being super flexible.

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Sometimes when we go to games we get food, and sometimes we do not. My staff will tell me if we are getting food at the basketball game. When I am at a game, I like to get many different types of food---I will listen to staff when they tell me what kinds of food I can have at the game, and how much.

Standing in line to get food is hard for me! But I want to be a gentleman while I wait. So I will ask for help from my staff if I am starting to get frustrated or angry.

Going to basketball games are one of my favorite things to do. Because basketball games are loud and busy they can test all of the skills I have been learning about. If I am becoming angry, or impatient I can do many things to calm down:

What can I do if I am feeling angry, or impatient?

To help with my self control, my strategies are...

- 1) I can walk away from children or crowded places
- 2) I can ask for help from my staff
- 3) I can take a break and ask to go to a quiet place, like maybe go to the bathroom
- 4) I can count to ten forward and backwards
- 5) I can take ten slow breaths
- 6) I can also...

I really like going to games. I want to show everyone I can be a gentleman with good self-control, and have a good time, too!