

Social Story

When My Parents Say No

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Sometimes I ask my parents if I can do something, have something, or go somewhere.



Even if I feel upset, I still need to stay calm and safe.



I can ask, "When can I do it?" or "Is there something else I can do instead?"



They might say yes, or they might say no.



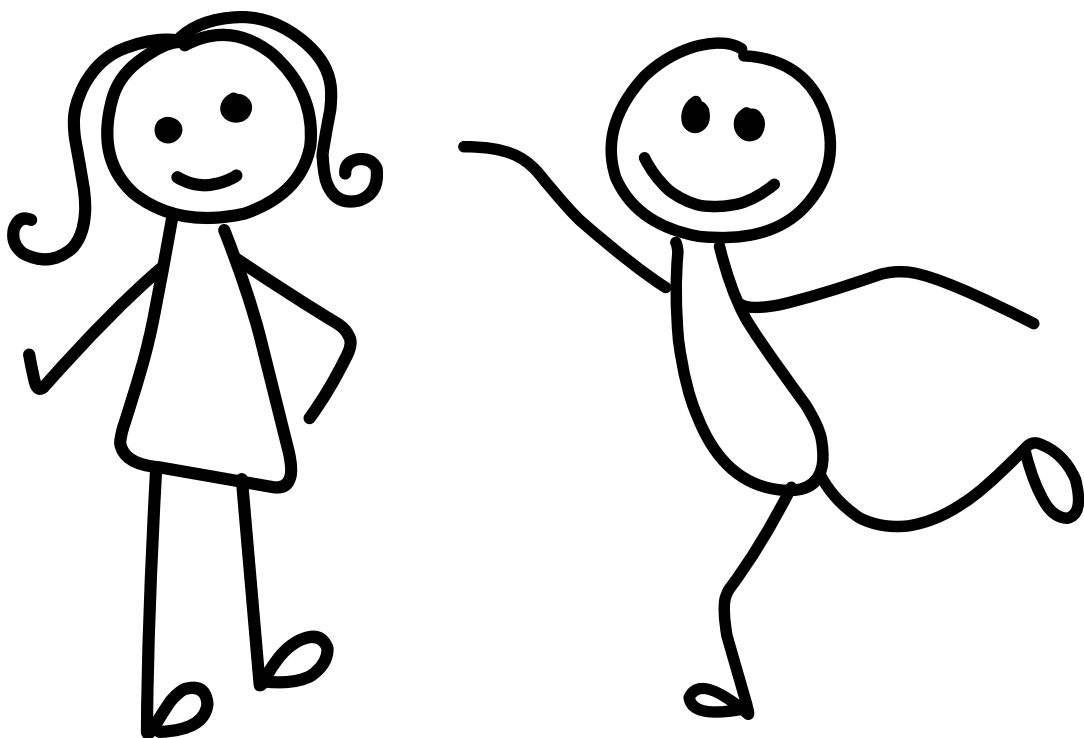
I do not shout, scream, hit, break things, or argue again and again.



Sometimes there are other options or a better time to try again.

Social Story

I am learning to stay calm when I hear 'no'.





Sometimes I ask my parents if I can do something, have something, or go somewhere.



They might say yes, or they might say no.



When they say no, I might feel sad, angry, or disappointed.



That is okay. Everyone feels that way sometimes.



My parents are not trying to be mean. They say no to help keep me safe, healthy, or calm.



They want to do what is best for me, even if I do not agree.



Even if I feel upset, I still need to stay calm and safe.



I do not shout, scream, hit, break things, or argue again and again.



I can take deep breaths, go to a quiet space, or talk to someone I trust.

***I feel
upset.***



I can say, “I feel upset” or “I don’t like hearing no.”



I can ask, “When can I do it?” or “Is there something else I can do instead?”



Sometimes there are other options or a better time to try again.



Staying calm helps everyone feel better.



It shows I am growing up and learning how to manage my feelings.



My parents love me even when they say no.



I am safe, cared for, and learning how to cope with big feelings.

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