

Social Narrative

Sitting at the Table for Dinner with My Family



Sometimes, my family eats dinner together at the table. The table is a special place where my family comes together to eat and talk. My parents will have food ready for me and will tell me when it is time to eat.

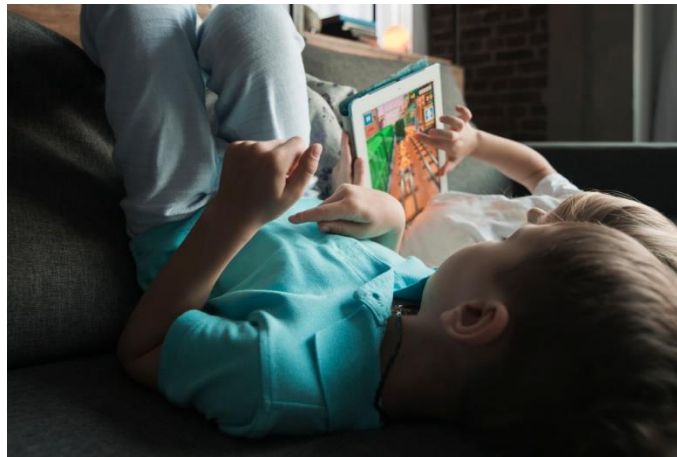


When it is time for dinner, I go to the table. Sometimes I don't want to sit at the table for dinner. It is okay to feel upset.



If I get upset or do not want to sit, I can:

- Ask for breaks
- Talk to my family members
- Ask my parents what I get to do after dinner (e.g., iPad time, play time, or read a book)



During dinner, we can talk about our day. We might talk about what we did today, funny stories, or anything we want to share. If I want to talk, I can wait for my turn. If I do not want to talk, I can just listen quietly.



When I am done eating, I can ask if I can leave the table. My parents will tell me when I can leave the table.



My family will feel happy that I ate dinner with them. I will feel proud that I sat at the table.



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