_____'s Day

For the grown-up — the page from the back of the book

How to use this book

Read it before the day, not just on it. Two or three times in the week before works better than once on the morning — though the morning read is worth doing as well.

Read it the same way each time. Same voice, same pace, same words. The point of this book is that it does not change.

Let them stop you. Questions are the book working, not an interruption. You do not have to read it all; if one page is the page that matters, read that page.

The raised hand. Somewhere in this book your child is shown that putting a hand up means “stop for a moment” or “I do not understand”. It means the same thing in every StoriesAhead book. It only works if the adults honor it, which is what the card on the next page is for.

If it does not land. Some children want the book every night for two weeks. Some look at it once and never again. Some push it away. None of those is a failure, and a book that is refused is telling you something as well. Put it away and try again in a week.

Where you keep it. Keep it where your child can reach it without asking. A book on a high shelf is a book you control, not one they do. The same goes for anything the story mentions: if the book says they can put their headphones on, those headphones need to be within reach rather than in a cupboard. By headphones we mean the padded, noise-reducing kind — sometimes sold as ear defenders or earmuffs — not the sort for listening to music.

Where you are. These notes describe how things work in the United States. The principles hold anywhere, but services, what they are called and who provides them differ from country to country — so where we suggest asking for something, ask locally.

What this book is not. It is not therapy, and it is not a promise that the day will go well. It describes what usually happens, including the parts that are not pleasant — because a book that only describes the good parts stops being believed the first time it is wrong.

Using the routine

— Choose the five steps that go wrong most often, not the five that happen first. The book is worth most where the day is hardest.

— Keep the order the same as the real day, even if that means an odd-looking sequence.

— Read it at the same time each day. First thing works for most children.

— Keep it where they can reach it without asking. A book on a high shelf is a book you control, not one they do. The same goes for anything a chosen step mentions: if the step about the bus says headphones, those headphones need to be within reach, not in a cupboard.

— When the day changes, use the words from the What-If page: “today is different, and this is what is happening instead”. Then say what is happening instead.

— Re-order it when the routine genuinely changes — not to fix a bad week.

— Please do not tear the card out. This page is printed on the back of it, and you will want it again next time. There is a free copy of the card to print at storiesaheadbooks.com/printables.