

LOUD Noises! A Social Story for your Toddler

Many young children become upset at a loud noise, especially one they have not heard before. Some little ones may cry, bite, hit, try to hide, or cover their ears if there is an unexpected loud noise. Young children may not be able to describe their fear in words. This is a story to share with your child to help them learn new and safe ways to deal with unexpected and loud sounds.



Sometimes, when I hear a loud noise, I get scared.

Loud noises can also hurt my ears.



Noises like fireworks or loud music



or dogs barking, can hurt my ears.



I can snuggle with my adult to feel safe.

I can wear headphones when noises are too loud.



My grown up will tell me that it will be okay. ❤️