

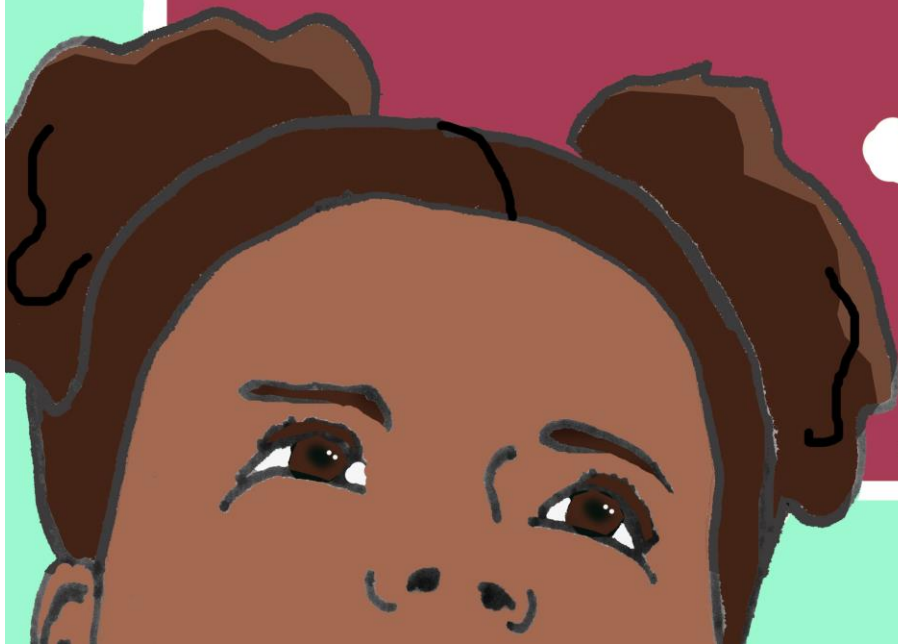


Ice Cream

Is Better than Hitting



Written by Robin L McNeal
Illustrated by Bethany J Baldwin



**In honor of my
third grade,
and most memorable teacher,
Mrs. Smith.**

Dear Reader,

You may have found this book because there is a child in your life who needs help changing a certain behavior. This story will introduce you to one thing that could help. The story is about an intervention called **contingency contracts**, which are sometimes known as **behavior contracts**.

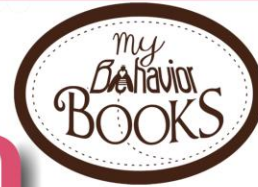
A **contingency contract** is a written, signed agreement between a child and adult. The agreement has the behavior you want to see change, what the child's goal is, and what reward will be given when the child reaches that goal. For younger children, you may consider presenting it as a "game." This could make it more fun!

In this story you will meet Jayla. The behavior we want to change is that she hits people. Jayla plays a "game" (**contingency contract**) with her teacher, where her goal is to not hit anyone for a whole week! When she accomplishes this, she will get to have ice cream with her teacher. This story takes place in a school setting, however **contingency contracts** can be used at home, too! For more information on using **contingency contracts**, please read the Annotated Bibliography on the <https://www.sbbh.pitt.edu> website.

(Note-I use ice cream in this story as the reward, in memory of the reward my third grade teacher used. However, whenever possible, for health purposes, rewards should not be food items. Other rewards could be something the child wants, likes to do, or something that will make him or her feel proud. But avoid food when you can!)

I hope you enjoy!

Ice Cream Is Better Than Hitting



Written By ROBIN L McNEAL
Illustrated By BETHANY J BALDWIN

Hi! I'm Jayla.

Guess what this is?

This is a ticket for
ice cream.

Soon, this ticket will be
mine, and I will use it to
go get ice cream with
Mrs. Smith.



That's Mrs.Smith. She's my teacher, and she's really nice!

I'm in first grade.

Right by my school is an ice cream shop!

And that's where Mrs.Smith and I will get ice cream.

- Mrs - Smith -



Before I can get ice cream with Mrs. Smith, I have to play a special game to earn my ice cream ticket.

At first I thought the game would be really hard, but it's not! You see, I signed my name on a special game paper that tells all about the game.

And when I signed my name, the game started!



Sometimes I get so mad that I
...before I can stop myself...
hit one of my friends in my
class!

I know I shouldn't hit people,
and Mrs.Smith says I shouldn't
hit people, but...sometimes I
just get so mad.

I don't know what else to do.



I know that hitting can hurt people's bodies or their feelings. I like my friends, and don't want to hurt them!

I wouldn't want people to hit ME, so I shouldn't do it to them.

But sometimes I'm

just **SO MAD!**

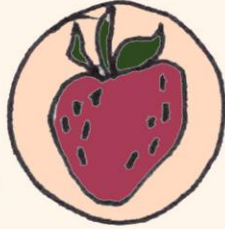


**The game is to help me get
better at not hitting people.**

MONDAY



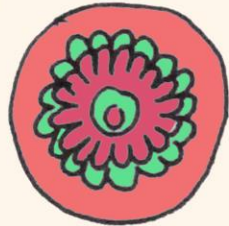
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

Mrs. Smith taught me what I can do **INSTEAD** of hitting people.

I can close my eyes and count to ten.

Or I can pretend my fingers are candles on a birthday cake, and blow them out one by one.

So, how do I play this game about not hitting people?



Every morning, the first thing I do is go straight to Mrs. Smith. She shows me the special paper I signed, and reminds me to try not hitting people.

She reminds me of the things I can do instead of hitting.

Then comes the hard part...



Trying to go aaaaaaall
day without hitting someone!

At recess, when someone has
the ball I want to play with,
I WANT TO HIT THEM!

But then I remember to close
my eyes and count to ten.

(1...2...3...4...5...6...7...8...9...10)



When I'm waiting
in line for the bathroom,
and someone is standing
too close to me,

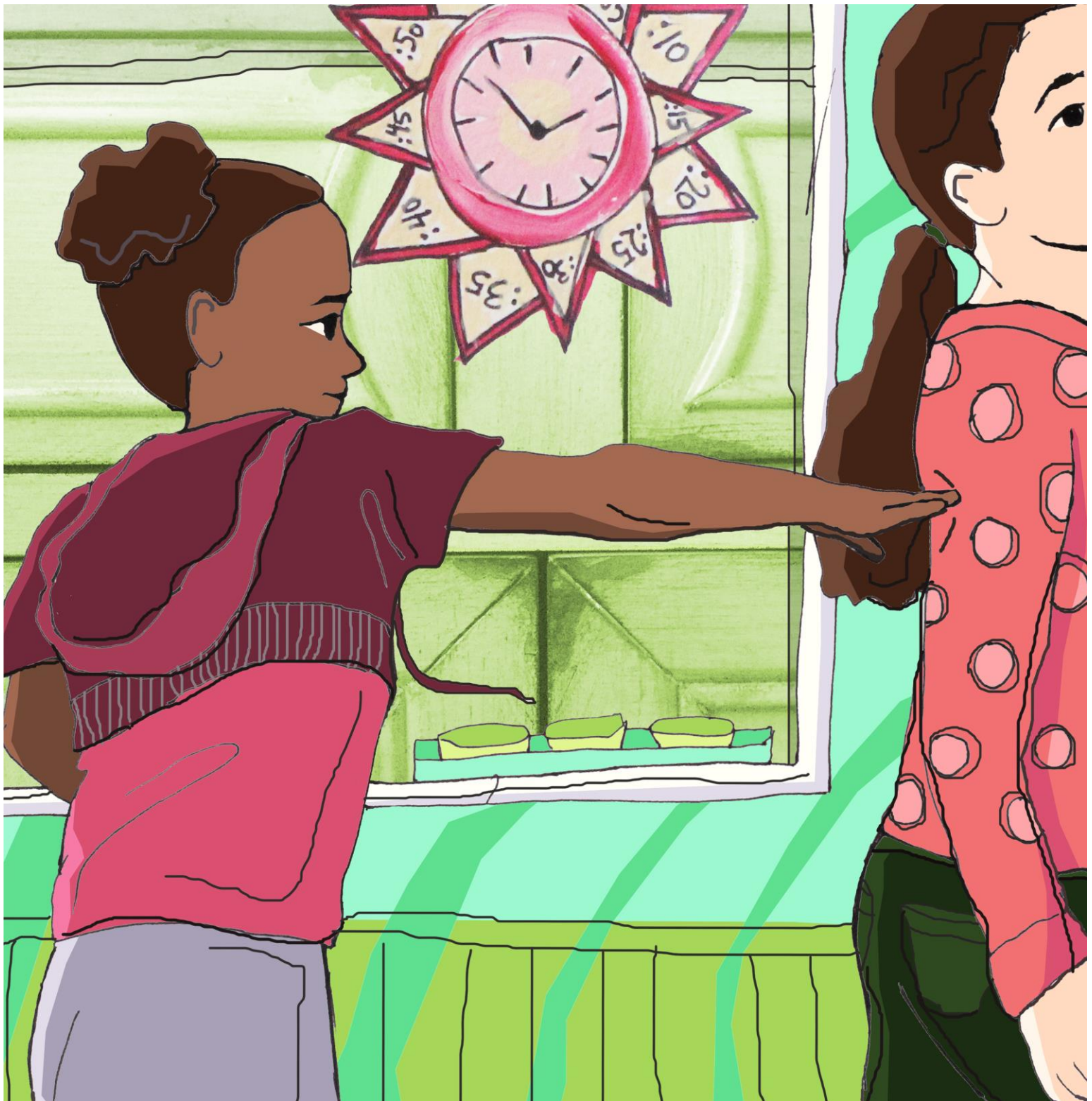
I WANT TO HIT THEM!

But instead
I blow out my
birthday candle fingers.





**Sometimes I make a mistake
and still hit someone.**



Before I get on the bus to go home from school every day, I go see Mrs. Smith again.

We talk about the day.

If I did hit someone, Mrs. Smith says I made a mistake and can try again tomorrow.

If I DIDN'T hit anyone, I pick a sticker to put on the paper!



**When I go a
WHOLE WEEK
without hitting someone,
I win!**

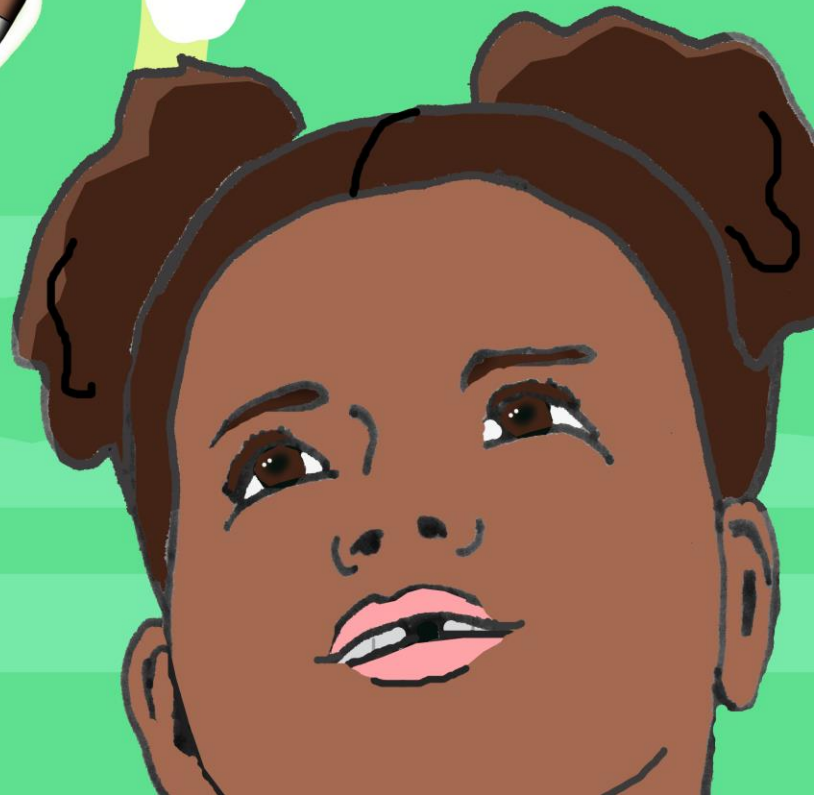
**And I will get to have
ice cream with Mrs. Smith!**



I'm already close,
so it won't be long now!

The ice cream
will be so yummy!

And I also know
that Mrs. Smith will be
proud of me,
and my friends will be
happier too.



Robin McNeal

Robin earned her Bachelor's of Science Degree in Human Services from the University of Phoenix. She earned her Master's of Science Degree in Applied Developmental Psychology, with an emphasis in Behavioral Health in Schools and Communities from the University of Pittsburgh. She completed a traineeship in Leadership Education in Neurodevelopmental Disabilities. Throughout her life, Robin has worked and volunteered in a wide variety of settings including providing mental health consultation in preschools, working with diverse populations such as survivors of sex trafficking, female inmates, and children who have suffered abuse or neglect. She is passionate about prevention behavioral work with high risk child populations.

Bethany Baldwin

Bethany has a Bachelor's of Art Degree in Fine Arts from the Columbus College of Art & Design. She provides products, services and education for an art filled life through her business, Artful Interiors, LLC. She is in love with her husband and five children, two of whom are adopted and have unique physical, emotional and behavioral challenges. She hopes to be a catalyst for foster care reform, post-adoptive support and funding for children's mental health programs.