

Your Inside Helper



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**Hanna Perkins Center
for Child Development**

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One day, a little boy
named Gilberto
had an idea.

He wanted to pull the
hair of the girl who was
sitting next to him.

She had long curls that
hung down — almost like
handles, just waiting to
be pulled.



He also had the idea to pull the hair yesterday.
In fact, he did pull it yesterday, and he felt bad
inside after he did it.



The girl started crying
and the teacher
spoke to him about
what he had done.

Today, just as he was about to reach for her hair, he heard a voice. The voice said, "If you do it, you'll feel bad. If you don't do it, you'll feel proud." He looked around.



Everyone was working quietly at their tables.
Who said it?

He reached his hand close to one of the curls
in the girl's hair again. And again, he heard
the voice. "You'll feel good inside
if you don't do it."



The voice sounded familiar.
He'd heard it before.

It was coming
from inside
himself. It was
the voice of
his inside
helper.





Everyone has an inside helper, a voice that does two very important jobs. First, it makes you feel proud when you do a good job. It gives you an inside pat on the back. Your inside helper is what makes you feel good.

And second, your inside helper warns you that you will feel bad if you do something mean or if you do sloppy schoolwork or choose not to follow the rules. You can decide to listen to the warning and stop yourself.

You can feel good. Like Gilberto did.



Gilberto didn't pull the curly hair. Instead, he did his schoolwork. At the end of the day, he had a very happy feeling inside. It was the feeling that comes from listening to your inside helper and learning that this helper is your friend.

Gilberto also felt a little bigger. Like he had grown a little.

That's because when you listen to your inside helper, you do feel a little bigger and a little better.



The HP WAY

At Hanna Perkins, a gentle and effective 6-point approach, called *The HP Way*, is the basis of everything we do:

1. See each child as a complete person
2. Understand a child's behavior as a form of communication
3. Help the child give voice to feelings and thoughts
4. Take as much time as needed
5. Provide help and support with the issues behind difficult emotions
6. Involve family

For more information visit hannaperkins.org



**Hanna Perkins Center
for Child Development**

What We Do

Early childhood is a short period that sets the direction of a person's entire life. Our services help parents and children get it right.

Hanna Perkins School: Parent/toddler program, preschool, state-chartered kindergarten, and EPIC Early Learning for children with Autism Spectrum Disorders — all focused on healthy emotional development in close collaboration with parents/caregivers.

Parent/Child Resource Center: Support, consultation and learning programs for parents and caregivers.

Hadden Clinic for Children & Families: Mental health assessment, counseling and therapy from birth to 18; and help for new moms struggling with postpartum depression.

Consultation and training: Customized training and services to schools, child care centers and agencies that work with children and families.

Continuing Education & Professional Development: State-approved training for teachers, social workers, child care providers and others who work with children.



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