

# HALT



## UNDERSTANDING WHY WE FEEL THE WAY WE DO AND UNDERSTANDING WHY BABY MIGHT BE CRYING HELPS US FIND A SOLUTION

### MYSELF

- H** Am I hungry or did I eat something that upset my stomach? Did I overeat or drink?
- A** Am I angry? Or frustrated? Or upset over something? Is stress getting to me?
- L** Am I lonely? Or bored? Or just need alone time?
- T** Am I tired? Did I get woken up? Did I wake up and not get back to sleep?

### BABY

- H** Is baby hungry? Overfed? Does he/she need to burp? Is she wet? Is he/she ill?
- A** Is baby angry? Frustrated? Crying is only way baby can show displeasure.  
Toddlers: Did he not get what he wanted? Could he not communicate what he wanted? Did a toy break or roll away? Did he not want to be told he had to share or .....?
- L** Is baby lonely? Does he need to be picked up? Does he need to hear your voice? Is he frightened when you are not nearby? Is baby bored and needs interaction?
- T** Is baby tired? Is he teething? Is his routine changing? Does he need help getting to sleep?

