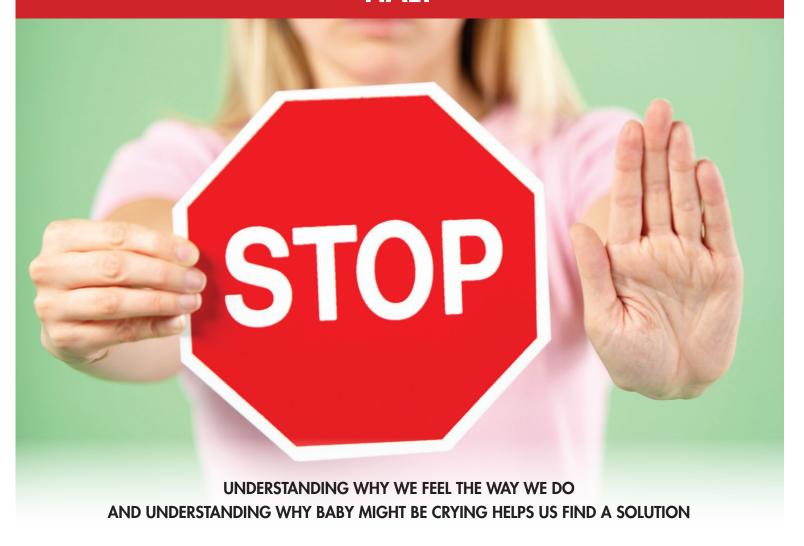
HALT



MYSELF

- H Am I hungry or did I eat something that upset my stomach? Did I overeat or drink?
- 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?