

H.A.L.T

H.A.L.T is a helpful technique that encourages parents and caregivers to pause and check in with their child's needs. It stands for Hungry, Angry, Lonely, Tired.

When a child is upset or acting out, asking yourself if they might be **Hungry, Angry, Lonely** or **Tired** can help you better understand and address the root cause of their behaviour.

Recognise the signs

H- Hungry

Watch for signs of hunger: (feeling cranky, lack of focus)

Keep healthy nutritious snacks available such as nuts, fruits.

Routine Mealtimes: try to establish regular mealtimes to prevent hunger related melt downs.

A-Angry

Identify the triggers: Help your child to recognise what makes them angry. Try calming techniques, such as teaching breathing exercises or counting to ten. Encourage your child to express feelings. Encourage them to name their emotions.

L-Lonely

We all need connection: when children feel lonely, they seek a connection and sometimes this can be in a negative way. Support your child by facilitating play dates or group activities. Encourage sharing, teach your child to express their feelings of loneliness. Introduce your child to clubs and activities in your local area. The Family Hubs are great places to find information on activities and local events for families.

T-Tired

A Bedtime Routine: ensure to establish a consistent bedtime routine with time allotted for downtime so that your child can relax into sleep. Read your child a bedtime story or play white noise in the room. Make sure the room is not too hot or cold. Recognise tiredness watch for the signs and respond promptly.

H.A.L.T promotes patience, empathy, effective communication and supports a calmer relationship with your child?