

THERE IS ALWAYS A REASON

If your little one is testing your patience, pause
and ask yourself: "Are they...?"

BASIC NEEDS

Are they...

- ☐ **HUNGRY?**
- ☐ **THIRSTY?**
- ☐ **TIRED?**
- ☐ **UNWELL?**
- ☐ **BORED?**
- ☐ **RESTLESS?**
- ☐ **COMFORTABLE?** (Hot/Cold/Clothing?)

ENVIRONMENTAL

Are they...

- ☐ Feeling **OVERWHELMED?**
- ☐ Feeling **CROWDED?**
- ☐ Finding life too **LOUD?**
- ☐ Finding life too **BUSY?**
- ☐ Having too many **ACTIVITIES** or **TRANSITIONS?**

RELATIONAL

Are they...

- ☐ Feeling **UNSEEN?**
- ☐ Feeling **UNHEARD?**
- ☐ Feeling **UNSUPPORTED?**
- ☐ Feeling **UNDERVALUED?**
- ☐ Needing more **ONE-ON-ONE** time?

DEVELOPMENTAL

Are they...

- ☐ In a new **GROWTH** stage?
- ☐ Struggling with **LANGUAGE?**
- ☐ Testing **BOUNDARIES?**
- ☐ Copying other **BEHAVIORS?**
- ☐ Feeling a lack of **CONTROL** or **AUTONOMY?**

EMOTIONAL

Are they...

- ☐ Struggling with **CHANGE?**
- ☐ Feeling **IGNORED?**
- ☐ Picking up my **TENSION?**
- ☐ Needing **REASSURANCE?**
- ☐ Feeling **ANXIOUS** or **FRUSTRATED?**