

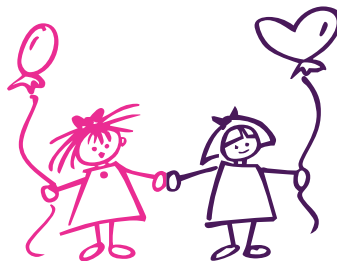
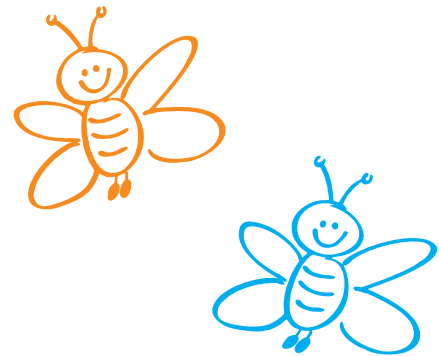


Temperaments of Toddlers¹

Handout B9

The Flexible/Easygoing Child:

- ☐ Adjusts quickly to new situations and people
- ☐ Is generally in a good mood and smiles a lot
- ☐ Eats and sleeps on a regular schedule
- ☐ Reacts mildly to discomforts
- ☐ Finds ways to calm themselves
- ☐ Easily warms up to new people
- ☐ Isn't as demanding as many other children
- ☐ Doesn't have strong reactions when disturbed, hurt, or upset
- ☐ Usually doesn't cry unless they're experiencing discomfort
- ☐ Is happy to entertain themselves for short periods of time



Continued



The Shy/Cautious Child:

- ☐ Warms up slowly to new situations and people
- ☐ Clings to familiar people
- ☐ Is watchful and cautious
- ☐ Is easily over stimulated
- ☐ Is slow to smile
- ☐ Withdraws from/runs away from new experiences
- ☐ Responds slowly or quietly to hunger and other discomforts



The Feisty/High Intensity Child:

- ☐ Has difficulty adjusting to changes in routine, new situations, or unfamiliar people
- ☐ Is often not hungry or tired at meal or bed time
- ☐ Has strong reactions to things they don't like
- ☐ Is strong willed
- ☐ Is very active and noisy
- ☐ Tests limits, again and again
- ☐ Has difficulty calming themselves
- ☐ Demands attention
- ☐ Sleeps lightly or gets up frequently during the night
- ☐ Doesn't like moving from one activity to another and lets you know it

