

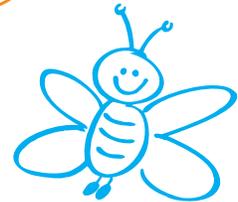


## Temperaments of Toddlers<sup>1</sup>

### 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

