



My Child's Temperament Traits^{1,2,3}

Handout C7

These are the nine traits that contribute to temperament.
Feel free to write in some typical behaviors you observe from your child frequently.

#1...Sensitivity _____

#2...Intensity of Reaction or Response _____

#3...Activity Level _____

#4...Adaptability _____

#5...Approach or Withdrawal _____

#6...Persistence or Attention Span _____

#7...Regularity _____

#8...Quality of Mood _____

#9...Distractibility _____

Continued



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

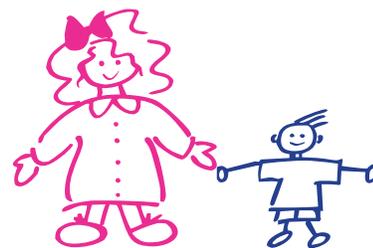


The Shy/Cautious Child:

- 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



Continued



How Parents Can Support the Flexible/Easygoing Child:

- Give them lots of attention and stimulation, even when they don't require it (they may not demand it but they still need it)
- Make time each day being one-on-one with them playing and cuddling
- Learn and respond to their not-so-obvious cues and signals (this is how they communicate their wants and needs)
- Encourage others to spend one-on-one time with them
- Respect their need for routines
- Enjoy how competent they make you feel as a parent

How Parents Can Support the Shy/Cautious Child:

- Slowly introduce them to new situations and people, giving them lots of time to feel comfortable rather than pushing them before they're ready
- Let other people know that they're shy and ask them to wait before they approach, or suggest that others keep their distance and watch for those not-so-obvious cues that it's okay to approach them
- Watch for signals that they're feeling overstimulated and remove them from the situation if it's too overwhelming
- Give them lots of opportunities to try new things
- Be patient

How Parents can Support the Feisty/High Intensity Child:

- Know that there is no right or wrong temperament
- Share information about temperaments with others
- Establish daily routines to help them feel secure
- Talk with them about changes in their routine and give them time to prepare for the change Give plenty of time to transition from one activity to another
- Be consistent with setting limits
- Use **E-Parenting** to talk with them about their feelings
- Remain calm and remind yourself that they're not intentionally behaving this way
- Take time to care for yourself so that you're recharged for parenting